

REFERENCE TABLES

Table 1. Physical Activity: Percentage of Persons Reporting Regular Vigorous Exercise.¹
By Sex, Age and Sex, Education Level, Annual Household Income, Hispanic Status, General Health Status, Medical Conditions, and Religious Activity. Utah, 1996.

	Survey Estimates of Utahns Age 6 or Over	
	Percentage	Number of Persons ²
Physical Activity (Age 6 or Over)		
Regular Vigorous Exercise	44.9% \pm 1.5%	807,200
No Regular Vigorous Exercise	55.1% \pm 1.5%	990,500
Total Utahns Age 6 or Over	100.0%	1,797,700
Physical Activity by Sex (Age 6 or Over)		
Males		
Regular Vigorous Exercise	44.4% \pm 1.8%	393,800
No Regular Vigorous Exercise	55.6% \pm 1.8%	493,000
Total Males	100.0%	886,800
Females		
Regular Vigorous Exercise	45.4% \pm 1.7%	413,300
No Regular Vigorous Exercise	54.6% \pm 1.7%	497,600
Total Females	100.0%	910,900

* Footnotes are located on last page of table.

Table 1. Physical Activity, 1996 (continued)

	Survey Estimates of Utahns Age 6 or Over	
	Percentage	Persons ²
Physical Activity by Age and Sex (Age 6 or Over)		
Males by Age Group		
Age 6-14		
Regular Vigorous Exercise	41.6% \pm 4.0%	71,500
No Regular Vigorous Exercise	58.4% \pm 4.0%	100,200
Total Age 6-14	100.0%	171,700
Age 15-24		
Regular Vigorous Exercise	48.0% \pm 3.8%	85,900
No Regular Vigorous Exercise	52.0% \pm 3.8%	93,200
Total Age 15-24	100.0%	179,100
Age 25-34		
Regular Vigorous Exercise	44.4% \pm 3.6%	66,600
No Regular Vigorous Exercise	55.6% \pm 3.6%	83,500
Total Age 25-34	100.0%	150,100
Age 35-44		
Regular Vigorous Exercise	45.6% \pm 4.1%	65,500
No Regular Vigorous Exercise	54.4% \pm 4.1%	78,100
Total Age 35-44	100.0%	143,600
Age 45-54		
Regular Vigorous Exercise	43.5% \pm 4.9%	44,000
No Regular Vigorous Exercise	56.5% \pm 4.9%	57,100
Total Age 45-54	100.0%	101,100
Age 55-64		
Regular Vigorous Exercise	36.7% \pm 5.4%	22,100
No Regular Vigorous Exercise	63.3% \pm 5.4%	38,200
Total Age 55-64	100.0%	60,300
Age 65-74		
Regular Vigorous Exercise	54.1% \pm 6.2%	25,400
No Regular Vigorous Exercise	45.9% \pm 6.2%	21,500
Total Age 65-74	100.0%	46,900
Age 75 or Over		
Regular Vigorous Exercise	36.3% \pm 8.5%	12,300
No Regular Vigorous Exercise	63.7% \pm 8.5%	21,700
Total Age 75 or Over	100.0%	34,000

* Footnotes are located on last page of table.

Table 1. Physical Activity, 1996 (continued)

	Survey Estimates of Utahns Age 6 or Over	
	Percentage	Persons ²
Physical Activity by Age and Sex (Age 6 or Over) (continued)		
Females by Age Group		
Age 6-14		
Regular Vigorous Exercise	38.1% \pm 3.8%	62,000
No Regular Vigorous Exercise	61.9% \pm 3.8%	100,700
Total Age 6-14	100.0%	162,700
Age 15-24		
Regular Vigorous Exercise	47.1% \pm 3.5%	87,200
No Regular Vigorous Exercise	52.9% \pm 3.5%	98,000
Total Age 15-24	100.0%	185,200
Age 25-34		
Regular Vigorous Exercise	49.2% \pm 3.6%	72,200
No Regular Vigorous Exercise	50.8% \pm 3.6%	74,600
Total Age 25-34	100.0%	146,800
Age 35-44		
Regular Vigorous Exercise	52.4% \pm 4.0%	75,800
No Regular Vigorous Exercise	47.6% \pm 4.0%	68,800
Total Age 35-44	100.0%	144,600
Age 45-54		
Regular Vigorous Exercise	42.7% \pm 4.6%	43,800
No Regular Vigorous Exercise	57.3% \pm 4.6%	58,700
Total Age 45-54	100.0%	102,500
Age 55-64		
Regular Vigorous Exercise	44.0% \pm 5.3%	28,000
No Regular Vigorous Exercise	56.0% \pm 5.3%	35,500
Total Age 55-64	100.0%	63,500
Age 65-74		
Regular Vigorous Exercise	45.4% \pm 5.9%	24,400
No Regular Vigorous Exercise	54.6% \pm 5.9%	29,200
Total Age 65-74	100.0%	53,600
Age 75 or Over		
Regular Vigorous Exercise	36.8% \pm 7.2%	19,100
No Regular Vigorous Exercise	63.2% \pm 7.2%	32,900
Total Age 75 or Over	100.0%	52,000

* Footnotes are located on last page of table.

Table 1. Physical Activity, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ²
Physical Activity by Education Level (Age 18 or Over)		
Some High School		
Regular Vigorous Exercise	30.5% ± 4.9%	25,400
No Regular Vigorous Exercise	69.5% ± 4.9%	57,900
Total Some High School	100.0%	83,300
High School Graduate/Some College		
Regular Vigorous Exercise	45.0% ± 1.8%	363,600
No Regular Vigorous Exercise	55.0% ± 1.8%	443,700
Total High School Graduate/Some College	100.0%	807,300
Technical/Vocational Degree		
Regular Vigorous Exercise	37.0% ± 5.4%	25,800
No Regular Vigorous Exercise	63.0% ± 5.4%	44,000
Total Technical/Vocational Degree	100.0%	69,800
4+ Years College Degree		
Regular Vigorous Exercise	53.8% ± 2.7%	205,800
No Regular Vigorous Exercise	46.2% ± 2.7%	177,000
Total 4+ Years College Degree	100.0%	382,800

* Footnotes are located on last page of table.

Table 1. Physical Activity, 1996 (continued)

	Survey Estimates of Utahns Age 6 or Over	
	Percentage	Number of Persons ²
Physical Activity by Annual Household Income (Age 6 or Over)		
Under \$15,000		
Regular Vigorous Exercise	39.1% \pm 5.4%	47,000
No Regular Vigorous Exercise	60.9% \pm 5.4%	73,400
Total Less than \$15,000	100.0%	120,400
\$15,000 to \$35,000		
Regular Vigorous Exercise	40.1% \pm 2.7%	215,600
No Regular Vigorous Exercise	59.9% \pm 2.7%	321,900
Total \$15,000 to \$35,000	100.0%	537,500
\$35,000 to \$55,000		
Regular Vigorous Exercise	45.3% \pm 2.7%	270,900
No Regular Vigorous Exercise	54.8% \pm 2.7%	327,700
Total \$35,000 to \$55,000	100.0%	598,600
Over \$55,000		
Regular Vigorous Exercise	50.2% \pm 2.8%	271,800
No Regular Vigorous Exercise	49.8% \pm 2.8%	269,300
Total Over \$55,000	100.0%	541,100
Physical Activity by Hispanic Status (Age 6 or Over)		
Hispanic		
Regular Vigorous Exercise	39.8% \pm 6.4%	40,800
No Regular Vigorous Exercise	60.2% \pm 6.4%	61,700
Total Hispanic	100.0%	102,500
Non-Hispanic		
Regular Vigorous Exercise	45.2% \pm 1.5%	766,400
No Regular Vigorous Exercise	54.8% \pm 1.5%	928,900
Total Non-Hispanic	100.0%	1,695,300

* Footnotes are located on last page of table.

Table 1. Physical Activity, 1996 (continued)

	Survey Estimates of Utahns Age 6 or Over	
	Percentage	Number of Persons ²
Physical Activity by General Health Status (Age 6 or Over)		
Good/Very Good/Excellent		
Regular Vigorous Exercise	46.6% \pm 1.5%	765,500
No Regular Vigorous Exercise	53.4% \pm 1.5%	877,600
Total Good/Very Good/Excellent	100.0%	1,643,100
Fair/Poor		
Regular Vigorous Exercise	28.7% \pm 3.3%	44,400
No Regular Vigorous Exercise	71.3% \pm 3.3%	110,200
Total Fair/Poor	100.0%	154,600
Physical Activity by Selected Medical Conditions³ (Age 6 or Over)		
Under Medical Care for Arthritis		
Regular Vigorous Exercise	37.1% \pm 7.0%	42,300
No Regular Vigorous Exercise	62.9% \pm 7.0%	61,200
Total Utahns With Arthritis	100.0%	103,500
Not Under Medical Care for Arthritis		
Regular Vigorous Exercise	45.0% \pm 1.5%	764,900
No Regular Vigorous Exercise	55.0% \pm 1.5%	929,300
Total Utahns Without Arthritis	100.0%	1,694,200
Diagnosed With Heart Disease		
Regular Vigorous Exercise	37.7% \pm 12.5%	24,000
No Regular Vigorous Exercise	62.3% \pm 12.5%	30,800
Total Utahns With Heart Disease	100.0%	54,800
Not Diagnosed With Heart Disease		
Regular Vigorous Exercise	44.8% \pm 1.5%	783,300
No Regular Vigorous Exercise	55.2% \pm 1.5%	959,600
Total Utahns Without Heart Disease	100.0%	1,742,900

* Footnotes are located on last page of table.

Table 1. Physical Activity, 1996 (continued)

	Survey Estimates of Utahns Age 6 or Over	
	Percentage	Number of Persons ²
Physical Activity by Selected Medical Conditions³ (Age 6 or Over) (continued)		
Diagnosed With Diabetes		
Regular Vigorous Exercise	38.0% \pm 7.3%	22,500
No Regular Vigorous Exercise	62.0% \pm 7.3%	36,600
Total Utahns With Diabetes	100.0%	59,100
Not Diagnosed With Diabetes		
Regular Vigorous Exercise	45.0% \pm 1.1%	781,700
No Regular Vigorous Exercise	55.0% \pm 1.1%	956,900
Total Utahns Without Diabetes	100.0%	1,738,600
Diagnosed With Stroke		
Regular Vigorous Exercise	33.5% \pm 8.6%	6,100
No Regular Vigorous Exercise	66.5% \pm 8.6%	12,100
Total Utahns Who Had Had Stroke	100.0%	18,200
Not Diagnosed With Stroke		
Regular Vigorous Exercise	44.9% \pm 1.5%	799,400
No Regular Vigorous Exercise	55.1% \pm 1.5%	980,200
Total Utahns Who Had Not Had Stroke	100.0%	1,779,600

* Footnotes are located on last page of table.

Table 1. Physical Activity, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ²
Physical Activity by Religious Activity (Age 18 or Over)		
Active⁴ LDS		
Regular Vigorous Exercise	52.3% \pm 2.8%	344,900
No Regular Vigorous Exercise	47.7% \pm 2.8%	314,600
Total Active LDS	100.0%	659,500
Less Active⁵ LDS		
Regular Vigorous Exercise	44.5% \pm 4.4%	120,700
No Regular Vigorous Exercise	55.5% \pm 4.4%	150,600
Total Less Active LDS	100.0%	271,300
Active Other Religion		
Regular Vigorous Exercise	57.6% \pm 7.3%	52,600
No Regular Vigorous Exercise	42.4% \pm 7.3%	38,700
Total Active Other Religion	100.0%	91,300
Less Active Other Religion		
Regular Vigorous Exercise	54.3% \pm 5.2%	100,700
No Regular Vigorous Exercise	45.7% \pm 5.2%	84,700
Total Less Active Other Religion	100.0%	185,400
No Religion		
Regular Vigorous Exercise	53.1% \pm 6.2%	72,100
No Regular Vigorous Exercise	46.9% \pm 6.2%	63,600
Total No Religion	100.0%	135,700

¹ Regular vigorous exercise was defined here as exercise that increases heart and breathing rates

"a lot faster than usual" for 20 minutes at least 3 times a week.

² Rounded to the nearest 100 persons.

³ Age-adjusted percentages.

⁴ "Active" was defined as attending religious services once a week or more.

⁵ "Less active" was defined as attending religious services less than once a week.

**Table 2: History of Regular Vigorous Exercise:
Percentage of People Who Reported Vigorous
Exercise¹ by Number of Years of Activity.
By Age and Sex. Utah, 1996.**

	Survey Estimates of Utahns Age 6 or Over	
	Percentage	Number of
Vigorous Exercise of Any Duration (Age 6 or Over)		
Less Than 6 Months	14.3% \pm 1.5%	115,300
6 Months to Less Than 1 Year	8.3% \pm 1.0%	67,100
1 to Less Than 3 Years	21.1% \pm 1.5%	170,400
3 to Less Than 5 Years	10.7% \pm 1.2%	86,200
5 or More Years	45.6% \pm 2.1%	368,200
Total Age 6 or Over	100.0%	807,200
Vigorous Exercise of Any Duration by Age (Age 6 or Over)		
Age 6-17		
Less Than 6 Months	11.5% \pm 3.0%	21,400
6 Months to Less Than 1 Year	5.5% \pm 1.7%	10,200
1 to Less Than 3 Years	25.3% \pm 3.4%	47,200
3 to Less Than 5 Years	13.0% \pm 2.4%	24,300
5 or More Years	44.7% \pm 4.2%	83,500
Total Age 6-17	100.0%	186,600
Age 18-34		
Less Than 6 Months	19.6% \pm 2.6%	50,500
6 Months to Less Than 1 Year	9.6% \pm 1.7%	24,700
1 to Less Than 3 Years	21.7% \pm 2.5%	55,800
3 to Less Than 5 Years	10.2% \pm 1.8%	26,300
5 or More Years	39.0% \pm 3.1%	100,400
Total Age 18-34	100.0%	257,700
Age 35-49		
Less Than 6 Months	15.9% \pm 2.7%	30,400
6 Months to Less Than 1 Year	9.2% \pm 2.0%	17,600
1 to Less Than 3 Years	21.5% \pm 3.1%	41,100
3 to Less Than 5 Years	8.2% \pm 2.1%	15,600
5 or More Years	45.4% \pm 3.9%	86,900
Total Age 35-49	100.0%	191,600

* Footnotes are located on last page of table.

Table 2. History of Vigorous Exercise, 1996 (continued)

	Survey Estimates of Utahns Age 6 or Over	
	Percentage	Number of Persons ²
Vigorous Exercise of Any Duration by Age (Age 6 or Over) (continued)		
Age 50-64		
Less Than 6 Months	8.8% \pm 2.7%	7,700
6 Months to Less Than 1 Year	8.0% \pm 3.3%	7,000
1 to Less Than 3 Years	17.0% \pm 4.1%	14,800
3 to Less Than 5 Years	11.1% \pm 3.6%	9,700
5 or More Years	55.1% \pm 5.5%	48,200
Total Age 50-64	100.0%	87,400
Age 65 or Over		
Less Than 6 Months	5.6% \pm 2.2%	4,700
6 Months to Less Than 1 Year	8.8% \pm 3.6%	7,400
1 to Less Than 3 Years	13.8% \pm 3.9%	11,600
3 to Less Than 5 Years	12.8% \pm 4.1%	10,700
5 or More Years	59.0% \pm 5.9%	49,500
Total Age 65 or Over	100.0%	83,800
Vigorous Exercise of Any Duration by Sex (Age 6 or Over)		
Males		
Less Than 6 Months	12.1% \pm 1.8%	47,600
6 Months to Less Than 1 Year	6.4% \pm 1.2%	25,300
1 to Less Than 3 Years	19.5% \pm 2.0%	76,800
3 to Less Than 5 Years	11.4% \pm 1.6%	44,900
5 or More Years	50.6% \pm 2.6%	199,300
Total Males	100.0%	393,800
Females		
Less Than 6 Months	16.4% \pm 1.9%	67,600
6 Months to Less Than 1 Year	10.1% \pm 1.5%	41,700
1 to Less Than 3 Years	22.6% \pm 1.9%	93,600
3 to Less Than 5 Years	10.0% \pm 1.4%	41,400
5 or More Years	40.9% \pm 2.4%	169,100
Total Females	100.0%	413,300

* Footnotes are located on last page of table.

Table 2. History of Vigorous Exercise, 1996 (continued)

	Survey Estimates of Utahns Age 6 or Over	
	Percentage	Number of Persons ²
Vigorous Exercise of Any Duration by Ten Year Age Groups and Sex (Age 6 or Over)		
Males by Age Group		
Age 6-14		
Less Than 6 Months	13.2% ± 4.8%	9,400
6 Months to Less Than 1 Year	4.1% ± 2.3%	2,900
1 to Less Than 3 Years	21.3% ± 4.5%	15,200
3 to Less Than 5 Years	15.3% ± 4.3%	10,900
5 or More Years	46.2% ± 6.2%	33,000
Total Age 6-14	100.0%	71,500
Age 15-24		
Less Than 6 Months	11.0% ± 3.4%	9,500
6 Months to Less Than 1 Year	4.2% ± 1.9%	3,600
1 to Less Than 3 Years	23.5% ± 4.4%	20,200
3 to Less Than 5 Years	12.0% ± 3.1%	10,300
5 or More Years	49.3% ± 5.4%	42,300
Total Age 15-24	100.0%	85,900
Age 25-34		
Less Than 6 Months	16.8% ± 4.1%	11,200
6 Months to Less Than 1 Year	10.4% ± 3.3%	6,900
1 to Less Than 3 Years	18.0% ± 4.2%	12,000
3 to Less Than 5 Years	8.4% ± 3.1%	5,600
5 or More Years	46.4% ± 5.4%	30,900
Total Age 25-34	100.0%	66,600
Age 35-44		
Less Than 6 Months	16.0% ± 4.3%	10,500
6 Months to Less Than 1 Year	7.6% ± 3.2%	5,000
1 to Less Than 3 Years	20.4% ± 4.9%	13,400
3 to Less Than 5 Years	8.8% ± 3.6%	5,700
5 or More Years	47.3% ± 6.1%	30,900
Total Age 35-44	100.0%	65,500

* Footnotes are located on last page of table.

Table 2. History of Vigorous Exercise, 1996 (continued)

	Survey Estimates of Utahns Age 6 or Over	
	Percentage	Number of Persons ²
Vigorous Exercise of Any Duration by Ten Year Age Groups and Sex (Age 6 or Over) (continued)		
Males by Age Group (continued)		
Age 45-54		
Less Than 6 Months	8.0% ± 3.4%	3,500
6 Months to Less Than 1 Year	4.8% ± 2.4%	2,100
1 to Less Than 3 Years	18.6% ± 6.3%	8,200
3 to Less Than 5 Years	10.2% ± 5.0%	4,500
5 or More Years	58.3% ± 7.5%	25,700
Total Age 45-54	100.0%	44,000
Age 55-64		
Less Than 6 Months	7.1% ± 4.5%	1,600
6 Months to Less Than 1 Year	8.7% ± 6.2%	1,900
1 to Less Than 3 Years	14.2% ± 6.4%	3,100
3 to Less Than 5 Years	10.8% ± 5.8%	2,400
5 or More Years	59.2% ± 9.3%	13,100
Total Age 55-64	100.0%	22,100
Age 65-74		
Less Than 6 Months	4.3% ± 2.7%	1,100
6 Months to Less Than 1 Year	6.8% ± 4.8%	1,700
1 to Less Than 3 Years	14.4% ± 6.7%	3,700
3 to Less Than 5 Years	15.4% ± 6.6%	3,900
5 or More Years	59.1% ± 9.0%	15,000
Total Age 65-74	100.0%	25,400
Age 75 or Over		
Less Than 6 Months	*** ± ***	***
6 Months to Less Than 1 Year	*** ± ***	***
1 to Less Than 3 Years	9.4% ± 6.6%	1,200
3 to Less Than 5 Years	14.6% ± 11.9%	1,800
5 or More Years	67.9% ± 14.1%	8,400
Total Age 75 or Over	100.0%	12,300

* Footnotes are located on last page of table.

Table 2. History of Vigorous Exercise, 1996 (continued)

	Survey Estimates of Utahns Age 6 or Over	
	Percentage	Number of Persons ²
Vigorous Exercise of Any Duration by Ten Year Age Groups and Sex (Age 6 or Over) (continued)		
Females by Age Group		
Age 6-14		
Less Than 6 Months	10.6% \pm 3.5%	6,600
6 Months to Less Than 1 Year	6.5% \pm 3.1%	4,000
1 to Less Than 3 Years	26.5% \pm 5.1%	16,400
3 to Less Than 5 Years	13.2% \pm 3.6%	8,200
5 or More Years	43.1% \pm 5.9%	26,700
Total Age 6-14	100.0%	62,000
Age 15-24		
Less Than 6 Months	19.3% \pm 4.4%	16,800
6 Months to Less Than 1 Year	10.6% \pm 3.0%	9,300
1 to Less Than 3 Years	29.4% \pm 4.7%	25,600
3 to Less Than 5 Years	9.7% \pm 3.0%	8,500
5 or More Years	31.0% \pm 4.7%	27,000
Total Age 15-24	100.0%	87,200
Age 25-34		
Less Than 6 Months	25.3% \pm 4.7%	18,300
6 Months to Less Than 1 Year	11.1% \pm 3.2%	8,000
1 to Less Than 3 Years	19.9% \pm 4.1%	14,400
3 to Less Than 5 Years	10.2% \pm 3.2%	7,300
5 or More Years	33.5% \pm 4.9%	24,200
Total Age 25-34	100.0%	72,200
Age 35-44		
Less Than 6 Months	17.1% \pm 4.1%	13,000
6 Months to Less Than 1 Year	12.2% \pm 3.6%	9,200
1 to Less Than 3 Years	24.5% \pm 4.8%	18,600
3 to Less Than 5 Years	8.0% \pm 3.2%	6,100
5 or More Years	38.2% \pm 5.4%	28,900
Total Age 35-44	100.0%	75,800

* Footnotes are located on last page of table.

Table 2. History of Vigorous Exercise, 1996 (continuation)

	Survey Estimates of Utahns Age 6 or Over of	
	Percentage	Persons ²
Vigorous Exercise of Any Duration by Ten Year Age Groups and Sex (Age 6 or Over) (continued)		
Females by Age Group (continued)		
Age 45-54		
Less Than 6 Months	15.9% \pm 5.4%	7,000
6 Months to Less Than 1 Year	8.2% \pm 3.7%	3,600
1 to Less Than 3 Years	19.9% \pm 5.8%	8,700
3 to Less Than 5 Years	7.4% \pm 3.4%	3,300
5 or More Years	48.6% \pm 7.2%	21,300
Total Age 45-54	100.0%	43,800
Age 55-64		
Less Than 6 Months	9.0% \pm 4.2%	2,500
6 Months to Less Than 1 Year	10.0% \pm 5.7%	2,800
1 to Less Than 3 Years	15.1% \pm 5.8%	4,200
3 to Less Than 5 Years	11.9% \pm 5.4%	3,300
5 or More Years	54.1% \pm 8.3%	15,100
Total Age 55-64	100.0%	28,000
Age 65-74		
Less Than 6 Months	8.3% \pm 5.0%	2,000
6 Months to Less Than 1 Year	11.7% \pm 6.3%	2,900
1 to Less Than 3 Years	15.2% \pm 6.3%	3,700
3 to Less Than 5 Years	11.1% \pm 5.8%	2,700
5 or More Years	53.7% \pm 9.0%	13,100
Total Age 65-74	100.0%	24,400
Age 75 or Over		
Less Than 6 Months	4.5% \pm 4.1%	900
6 Months to Less Than 1 Year	9.7% \pm 8.5%	1,900
1 to Less Than 3 Years	12.6% \pm 8.4%	2,400
3 to Less Than 5 Years	9.2% \pm 8.3%	1,800
5 or More Years	63.9% \pm 12.6%	12,200
Total Age 75 or Over	100.0%	19,100

¹ Regular vigorous exercise was defined here as exercise that increases heart and breathing rates "a lot faster than usual" for 20 minutes at least 3 times a week.

² Rounded to the nearest 100 persons.

*** Insufficient sample size for calculation of population estimates.

Table 3. Physical Activity: Percentage of Persons Reporting Regular Vigorous Exercise.¹
Utah, 1986 and 1996.

	Survey Estimates of Utahns Age 14 or Over	
	Percentage	Number of Persons ²
1986 Physical Activity (Age 14 or Over)		
Regular Vigorous Exercise	38.3% \pm 1.4%	448,500
No Regular Vigorous Exercise	61.7% \pm 1.4%	722,800
Total Utahns Age 14 or Over	100.0%	1,171,300
1996 Physical Activity (Age 14 or Over)		
Regular Vigorous Exercise	46.0% \pm 1.5%	690,400
No Regular Vigorous Exercise	54.0% \pm 1.5%	811,500
Total Utahns Age 14 or Over	100.0%	1,501,900

¹ Regular vigorous exercise was defined here as exercise that increases heart and breathing rates "a lot faster than usual" for 20 minutes at least 3 times a week.

² Rounded to the nearest 100 persons.

**Table 4. History of Regular Vigorous Exercise:
Percentage of People Reporting Vigorous
Exercise¹ by Number of Years of Activity.
Utah, 1986 and 1996.**

	Survey Estimates of Utahns Age 14 or Over of	
	Percentage	Persons ²
1986 Vigorous Exercise of Any Duration (Age 14 or Over)		
Less Than 6 Months	17.5% \pm 1.9%	78,600
6 Months to Less Than 1 Year	11.6% \pm 1.5%	52,000
1 to Less Than 3 Years	24.6% \pm 2.0%	110,500
3 to Less Than 5 Years	10.8% \pm 1.5%	48,300
5 or More Years	35.5% \pm 2.3%	159,000
Total Age 6 or Over	100.0%	448,500
1996 Vigorous Exercise of Any Duration (Age 14 or Over)		
Less Than 6 Months	14.5% \pm 1.5%	100,100
6 Months to Less Than 1 Year	8.9% \pm 1.1%	61,200
1 to Less Than 3 Years	20.7% \pm 1.6%	143,100
3 to Less Than 5 Years	10.3% \pm 1.2%	70,900
5 or More Years	45.6% \pm 2.1%	315,100
Total Age 6 or Over	100.0%	690,400

¹ Regular vigorous exercise was defined here as exercise that increases heart and breathing rates "a lot faster than usual" for 20 minutes at least 3 times a week.

² Rounded to the nearest 100 persons.

Table 5. 5 a Day: Percentage of Adults Who Consumed Five or More Servings of Fruits or Vegetables on a Typical Day.

By Age, Sex, Education Level, Annual Household Income, Hispanic Status, General Health Status, Medical Conditions, and Religious Activity. Utah, 1996.

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Number of Servings of Fruits or Vegetables Consumed Each Day (Age 18 or Over)		
<1	6.1% ± 1.0%	81,400
1 to <2	26.9% ± 1.7%	360,900
2 to <3	24.8% ± 1.7%	332,800
3 to <4	18.1% ± 1.5%	242,400
4 to <5	11.4% ± 1.2%	152,500
5 to <6	6.2% ± 1.0%	83,400
6 or More	6.7% ± 1.0%	89,600
Total Age 18 or Over	100.0%	1,343,200
5 a Day (Age 18 or Over)		
5 or More Servings	12.9% ± 1.3%	173,000
4 or Fewer Servings	87.1% ± 1.3%	1,170,200
Total Age 18 or Over	100.0%	1,343,200

* Footnotes are located on last page of table.

Table 5. 5 a Day, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
5 a Day by Age (Age 18 or Over)		
Age 18-34		
5 or More Servings	9.8% \pm 1.7%	52,800
4 or Fewer Servings	90.2% \pm 1.7%	488,300
Total Age 18-34	100.0%	541,100
Age 35-49		
5 or More Servings	14.8% \pm 2.7%	59,700
4 or Fewer Servings	85.2% \pm 2.7%	344,200
Total Age 35-49	100.0%	403,900
Age 50-64		
5 or More Servings	15.2% \pm 3.7%	32,200
4 or Fewer Servings	84.8% \pm 3.7%	179,500
Total Age 50-64	100.0%	211,700
Age 65 or Over		
5 or More Servings	15.7% \pm 3.5%	29,300
4 or Fewer Servings	84.3% \pm 3.5%	157,200
Total Age 65 or Over	100.0%	186,500

* Footnotes are located on last page of table.

Table 5. 5 a Day, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
5 a Day by Ten Year Age Groups (Age 18 or Over)		
Age 18-24		
5 or More Servings	8.3% \pm 2.5%	20,200
4 or Fewer Servings	91.7% \pm 2.5%	224,000
Total Age 18-24	100.0%	244,200
Age 25-34		
5 or More Servings	10.9% \pm 2.3%	32,500
4 or Fewer Servings	89.1% \pm 2.3%	264,400
Total Age 25-34	100.0%	296,900
Age 35-44		
5 or More Servings	15.2% \pm 3.1%	43,700
4 or Fewer Servings	84.8% \pm 3.1%	244,500
Total Age 35-44	100.0%	288,200
Age 45-54		
5 or More Servings	14.2% \pm 4.1%	28,900
4 or Fewer Servings	85.8% \pm 4.1%	174,700
Total Age 45-54	100.0%	203,600
Age 55-64		
5 or More Servings	15.6% \pm 4.5%	19,300
4 or Fewer Servings	84.4% \pm 4.5%	104,500
Total Age 55-64	100.0%	123,800
Age 65-74		
5 or More Servings	16.9% \pm 4.6%	16,900
4 or Fewer Servings	83.2% \pm 4.6%	83,600
Total Age 65-74	100.0%	100,500
Age 75 or Over		
5 or More Servings	13.2% \pm 5.1%	11,400
4 or Fewer Servings	86.8% \pm 5.1%	74,600
Total Age 75-84	100.0%	86,000

* Footnotes are located on last page of table.

Table 5. 5 a Day, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons
5 a Day by Sex (Age 18 or Over)		
Males		
5 or More Servings	10.4% \pm 1.9%	67,800
4 or Fewer Servings	89.6% \pm 1.9%	585,800
Total Males	100.0%	653,600
Females		
5 or More Servings	15.2% \pm 1.8%	105,100
4 or Fewer Servings	84.8% \pm 1.8%	584,500
Total Females	100.0%	689,600
5 a Day by Education Level (Age 18 or Over)		
Some High School		
5 or More Servings	5.2% \pm 2.8%	4,300
4 or Fewer Servings	94.8% \pm 2.8%	79,000
Total Some High School	100.0%	83,300
High School Graduate/Some College		
5 or More Servings	11.3% \pm 1.5%	91,100
4 or Fewer Servings	88.7% \pm 1.5%	716,200
Total High School Graduate/Some College	100.0%	807,300
Technical/Vocational Degree		
5 or More Servings	16.7% \pm 8.0%	11,700
4 or Fewer Servings	83.3% \pm 8.0%	58,100
Total Technical/Vocational Degree	100.0%	69,800
4+ Years College Degree		
5 or More Servings	17.5% \pm 2.9%	67,000
4 or Fewer Servings	82.5% \pm 2.9%	315,800
Total 4+ Years College Degree	100.0%	382,800

* Footnotes are located on last page of table.

Table 5. 5 a Day, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over		
	Percentage		Number of Persons
5 a Day by Annual Household Income (Age 18 or Over)			
Less than \$15,000			
5 or More Servings	13.4%	± 4.4%	12,000
4 or Fewer Servings	86.7%	± 4.4%	78,000
Total Less than \$15,000	100.0%		90,000
\$15,000 to \$35,000			
5 or More Servings	9.2%	± 1.7%	36,800
4 or Fewer Servings	90.8%	± 1.7%	364,800
Total \$15,000 to \$35,000	100.0%		401,600
\$35,000 to \$55,000			
5 or More Servings	13.2%	± 2.5%	59,200
4 or Fewer Servings	86.8%	± 2.5%	388,100
Total \$35,000 to \$55,000	100.0%		447,300
Over \$55,000			
5 or More Servings	16.5%	± 3.0%	66,700
4 or Fewer Servings	83.5%	± 3.0%	337,600
Total Over \$55,000	100.0%		404,300
5 a Day by Hispanic Status (Age 18 or Over)			
Hispanic			
5 or More Servings	9.0%	± 4.8%	6,900
4 or Fewer Servings	91.0%	± 4.8%	69,700
Total Hispanic	100.0%		76,600
Non-Hispanic			
5 or More Servings	13.0%	± 1.4%	164,400
4 or Fewer Servings	87.0%	± 1.4%	1,102,200
Total Non-Hispanic	100.0%		1,266,600

* Footnotes are located on last page of table.

Table 5. 5 a Day, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons
5 a Day by General Health Status (Age 18 or Over)		
Good, Very Good or Excellent		
5 or More Servings	12.7% \pm 1.4%	156,300
4 or Fewer Servings	87.3% \pm 1.4%	1,071,400
Total G, VG or E	100.0%	1,227,700
Fair or Poor		
5 or More Servings	14.3% \pm 3.9%	16,500
4 or Fewer Servings	85.7% \pm 3.9%	99,000
Total Fair or Poor	100.0%	115,500
5 a Day by Selected Medical Conditions² (Age 18 or Over)		
Under Medical Care for Arthritis		
5 or More Servings	11.7% \pm 4.6%	17,400
4 or Fewer Servings	88.3% \pm 4.6%	84,000
Total Utahns With Arthritis	100.0%	101,400
Not Under Medical Care for Arthritis		
5 or More Servings	12.6% \pm 1.3%	155,200
4 or Fewer Servings	87.5% \pm 1.3%	1,086,600
Total Utahns Without Arthritis	100.1%	1,241,800
Diagnosed With Heart Disease		
5 or More Servings	26.7% \pm 15.4%	11,700
4 or Fewer Servings	73.4% \pm 15.4%	42,000
Total Utahns With Heart Disease	100.1%	53,700
Not Diagnosed With Heart Disease		
5 or More Servings	12.6% \pm 1.3%	160,900
4 or Fewer Servings	87.4% \pm 1.3%	1,128,600
Total Utahns Without Heart Disease	100.0%	1,289,500

* Footnotes are located on last page of table.

Table 5. 5 a Day, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons
5 a Day by Selected Medical Conditions² (Age 18 or Over) (continued)		
Diagnosed With Diabetes		
5 or More Servings	19.1% ± 6.4%	12,200
4 or Fewer Servings	80.9% ± 6.4%	45,200
Total Utahns With Diabetes	100.0%	57,400
Not Diagnosed With Diabetes		
5 or More Servings	12.5% ± 1.3%	160,200
4 or Fewer Servings	87.5% ± 1.3%	1,125,600
Total Utahns Without Diabetes	100.0%	1,285,800
Diagnosed With Stroke		
5 or More Servings	*** ± ***	***
4 or Fewer Servings	*** ± ***	***
Total Utahns Who Had Stroke	100.0%	17,600
Not Diagnosed With Stroke		
5 or More Servings	12.6% ± 1.3%	169,000
4 or Fewer Servings	87.4% ± 1.3%	1,156,600
Total Utahns Who Did Not Have Stroke	100.0%	1,325,600

* Footnotes are located on last page of table.

Table 5. 5 a Day, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over of	
	Percentage	Persons ¹
5 a Day by Religious Activity (Age 18 or Over)		
Active³ LDS		
5 or More Servings	14.4% \pm 1.9%	94,700
4 or Fewer Servings	85.6% \pm 1.9%	564,800
Total Active LDS	100.0%	659,500
Less Active⁴ LDS		
5 or More Servings	8.0% \pm 2.6%	21,800
4 or Fewer Servings	92.0% \pm 2.6%	249,500
Total Less Active LDS	100.0%	271,300
Active Other Religion		
5 or More Servings	15.6% \pm 5.4%	14,300
4 or Fewer Servings	84.4% \pm 5.4%	77,000
Total Active Other Religion	100.0%	91,300
Less Active Other Religion		
5 or More Servings	13.5% \pm 3.8%	25,000
4 or Fewer Servings	86.5% \pm 3.8%	160,400
Total Less Active Other Religion	100.0%	185,400
No Religion		
5 or More Servings	12.7% \pm 4.2%	17,200
4 or Fewer Servings	87.3% \pm 4.2%	118,500
Total No Religion	100.0%	135,700

¹ Rounded to the nearest 100 persons.

² Age-adjusted percentages.

³ "Active" refers to attending religious services once a week or more.

⁴ "Less active" refers to attending religious services less than once a week.

*** Insufficient sample size for calculation of population estimates.

Table 6. Alcohol Consumption: Percentage of Adults by Amount of Alcohol Typically Consumed.
By Age, Sex, Education Level, Annual Household Income, Hispanic Status, General Health Status, Medical Conditions, and Religious Activity.
Utah, 1996.

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Alcohol Consumption (Age 18 or Over)		
Nondrinker	74.7% \pm 1.4%	1,003,400
Light to Moderate Drinker	23.3% \pm 1.3%	313,000
Heavy Drinker ²	2.1% \pm 0.4%	28,200
Total	100.0%	1,343,200
Alcohol Consumption by Age (Age 18 or Over)		
Age 18-34		
Nondrinker	75.6% \pm 1.9%	409,100
Light to Moderate Drinker	22.4% \pm 1.9%	121,400
Heavy Drinker	2.0% \pm 0.5%	10,600
Total Age 18-34	100.0%	541,100
Age 35-49		
Nondrinker	68.1% \pm 2.7%	274,900
Light to Moderate Drinker	29.4% \pm 2.6%	118,600
Heavy Drinker	2.6% \pm 0.8%	10,300
Total Age 35-49	100.0%	403,900
Age 50-64		
Nondrinker	76.9% \pm 3.0%	162,800
Light to Moderate Drinker	21.0% \pm 2.9%	44,400
Heavy Drinker	2.1% \pm 0.9%	4,400
Total Age 50-64	100.0%	211,700
Age 65 or Over		
Nondrinker	84.3% \pm 2.9%	157,300
Light to Moderate Drinker	14.5% \pm 2.8%	27,100
Heavy Drinker	1.2% \pm 1.0%	2,100
Total Age 65 or Over	100.0%	186,500

* Footnotes are located on last page of table.

Table 6. Alcohol Consumption, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Persons ¹
Alcohol Consumption by Sex (Age 18 or Over)		
Males		
Nondrinker	68.4% \pm 1.8%	447,300
Light to Moderate Drinker	28.1% \pm 1.7%	183,900
Heavy Drinker	3.4% \pm 0.7%	22,300
Total Males	100.0%	653,600
Females		
Nondrinker	80.6% \pm 1.5%	555,500
Light to Moderate Drinker	18.7% \pm 1.4%	128,700
Heavy Drinker	0.8% \pm 0.3%	5,300
Total Females	100.0%	689,600
Alcohol Consumption by Education Level (Age 18 or Over)		
Some High School		
Nondrinker	70.2% \pm 4.8%	58,500
Light to Moderate Drinker	25.4% \pm 4.6%	21,200
Heavy Drinker	4.3% \pm 2.0%	3,600
Total Some High School	100.0%	83,300
High School Graduate/Some College		
Nondrinker	75.1% \pm 1.7%	606,000
Light to Moderate Drinker	22.5% \pm 1.6%	181,900
Heavy Drinker	2.4% \pm 0.5%	19,400
Total High School Graduate/Some College	100.0%	807,300
Technical/Vocational Degree		
Nondrinker	74.0% \pm 5.1%	51,600
Light to Moderate Drinker	24.3% \pm 5.0%	17,000
Heavy Drinker	1.7% \pm 1.7%	1,200
Total Technical/Vocational Degree	100.0%	69,800
4+ Years College Degree		
Nondrinker	74.9% \pm 2.6%	286,600
Light to Moderate Drinker	24.3% \pm 2.6%	93,000
Heavy Drinker	0.8% \pm 0.4%	3,100
Total 4+ Years College Degree	100.0%	382,800

* Footnotes are located on last page of table.

Table 6. Alcohol Consumption, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Persons ¹
Alcohol Consumption by Annual Household Income (Age 18 or Over)		
Less than \$15,000		
Nondrinker	81.0% \pm 4.1%	72,900
Light to Moderate Drinker	16.6% \pm 3.6%	14,900
Heavy Drinker	2.4% \pm 1.5%	2,200
Total Less than \$15,000	100.0%	90,000
\$15,000 to \$35,000		
Nondrinker	75.3% \pm 2.5%	302,400
Light to Moderate Drinker	21.6% \pm 2.3%	86,600
Heavy Drinker	3.1% \pm 1.0%	12,600
Total \$15,000 to \$35,000	100.0%	401,600
\$35,000 to \$55,000		
Nondrinker	73.9% \pm 2.6%	330,500
Light to Moderate Drinker	24.5% \pm 2.5%	109,500
Heavy Drinker	1.6% \pm 0.6%	7,200
Total \$35,000 to \$55,000	100.0%	447,300
Over \$55,000		
Nondrinker	72.1% \pm 3.0%	291,300
Light to Moderate Drinker	26.4% \pm 2.9%	106,700
Heavy Drinker	1.6% \pm 0.7%	6,300
Total Over \$55,000	100.0%	404,300
Alcohol Consumption by Hispanic Status (Age 18 or Over)		
Hispanic		
Nondrinker	70.2% \pm 6.0%	53,800
Light to Moderate Drinker	27.9% \pm 6.0%	21,300
Heavy Drinker	1.9% \pm 1.6%	1,500
Total Hispanic	100.0%	76,600
Non-Hispanic		
Nondrinker	74.9% \pm 1.4%	948,600
Light to Moderate Drinker	23.1% \pm 1.4%	292,300
Heavy Drinker	2.0% \pm 0.4%	25,800
Total Non-Hispanic	100.0%	#####

* Footnotes are located on last page of table.

Table 6. Alcohol Consumption, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Alcohol Consumption by General Health Status (Age 18 or Over)		
Good, Very Good or Excellent		
Nondrinker	74.1% \pm 1.5%	909,200
Light to Moderate Drinker	24.1% \pm 1.4%	296,000
Heavy Drinker	1.8% \pm 0.4%	22,500
Total G, VG or E	100.0%	1,227,700
Fair or Poor		
Nondrinker	79.3% \pm 3.1%	91,600
Light to Moderate Drinker	17.1% \pm 2.8%	19,700
Heavy Drinker	3.6% \pm 1.5%	4,100
Total Fair or Poor	100.0%	115,500
Alcohol Consumption by Selected Medical Conditions³ (Age 18 or Over)		
Diagnosed With Heart Disease		
Nondrinker	83.4% \pm 9.5%	44,900
Light to Moderate Drinker	16.1% \pm 9.5%	7,800
Heavy Drinker	0.5% \pm 0.4%	1,100
Total Utahns With Heart Disease	100.0%	53,700
Not Diagnosed With Heart Disease		
Nondrinker	74.8% \pm 1.4%	957,700
Light to Moderate Drinker	23.2% \pm 1.3%	305,200
Heavy Drinker	2.0% \pm 0.4%	26,700
Total Utahns Without Heart Disease	100.0%	1,289,500
Diagnosed With Stroke		
Nondrinker	82.8% \pm 11.2%	14,700
Light to Moderate Drinker	14.2% \pm 11.1%	2,000
Heavy Drinker	3.0% \pm 2.8%	***
Total Utahns Who Had Stroke	100.0%	17,600
Not Diagnosed With Stroke		
Nondrinker	74.9% \pm 1.4%	988,100
Light to Moderate Drinker	23.1% \pm 1.3%	310,900
Heavy Drinker	2.0% \pm 0.4%	26,600
Total Utahns Who Did Not Have Stroke	100.0%	1,325,600

* Footnotes are located on last page of table.

Table 6. Alcohol Consumption, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over		
	Percentage		Number of Persons ¹
Alcohol Consumption by Religious Activity (Age 18 or Over)			
Active⁴ LDS			
Nondrinker	98.5% ± 0.7%		649,700
Light to Moderate Drinker	1.5% ± 0.7%		9,800
Heavy Drinker	0.0% ± *		*
Total Active LDS	100.0%		659,500
Less Active⁵ LDS			
Nondrinker	56.2% ± 4.4%		152,500
Light to Moderate Drinker	40.3% ± 4.4%		109,400
Heavy Drinker	3.5% ± 1.6%		9,400
Total Less Active LDS	100.0%		271,300
Active Other Religion			
Nondrinker	55.3% ± 7.2%		50,500
Light to Moderate Drinker	43.7% ± 7.2%		39,900
Heavy Drinker	*** ± ***		***
Total Active Other Religion	100.0%		91,300
Less Active Other Religion			
Nondrinker	38.8% ± 5.0%		72,000
Light to Moderate Drinker	55.8% ± 5.2%		103,500
Heavy Drinker	5.4% ± 2.6%		10,000
Total Less Active Other Religion	100.0%		185,400
No Religion			
Nondrinker	37.7% ± 6.0%		51,200
Light to Moderate Drinker	54.5% ± 6.2%		74,000
Heavy Drinker	7.7% ± 3.6%		10,500
Total No Religion	100.0%		135,700

¹ Rounded to the nearest 100 persons.

² Heavy drinkers are persons who on average, consume more than 60 alcoholic drinks per month.

³ Age-adjusted percentages.

⁴ "Active" refers to attending religious services one a week or more

⁵ "Less active" refers to attending religious services less than once a week.

* Confidence intervals were not calculated for values of 0% and 100%.

*** Insufficient sample size for calculation of population estimates.

Table 7. Binge Drinking: Percentage of Adults Who Reported Drinking Five or More Drinks on at Least One Occasion in Previous Month.

**By Age and Sex, Education Level, Drinking and Driving, Annual Household Income, Hispanic Status, and General Health Status.
Utah, 1996.**

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Binge Drinking (Age 18 or Over)		
Did Binge Drink	8.5% \pm 0.8%	113,900
Did Not Binge Drink	91.5% \pm 0.8%	1,229,300
Total Utahns Age 18 or Over	100.0%	1,343,200
Binge Drinking by Age and Sex (Age 18 or Over)		
Males by Age Group		
Age 18-34		
Did Binge Drink	14.7% \pm 2.0%	39,300
Did Not Binge Drink	85.3% \pm 2.0%	228,300
Total Age 18-34	100.0%	267,600
Age 35-49		
Did Binge Drink	16.1% \pm 2.7%	32,400
Did Not Binge Drink	83.9% \pm 2.7%	168,800
Total Age 35-49	100.0%	201,200
Age 50-64		
Did Binge Drink	8.2% \pm 2.6%	8,500
Did Not Binge Drink	91.8% \pm 2.6%	95,400
Total Age 50-64	100.0%	103,900
Age 65 or Over		
Did Binge Drink	3.6% \pm 1.8%	2,900
Did Not Binge Drink	96.4% \pm 1.8%	78,000
Total Age 65 or Over	100.0%	80,900

* Footnotes are located on last page of table.

Table 7. Binge Drinking, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Binge Drinking by Age and Sex (Age 18 or Over) (continued)		
Females by Age Group		
Age 18-34		
Did Binge Drink	6.2% \pm 1.3%	17,000
Did Not Binge Drink	93.8% \pm 1.3%	256,400
Total Age 18-34	100.0%	273,400
Age 35-49		
Did Binge Drink	5.4% \pm 1.5%	10,900
Did Not Binge Drink	94.6% \pm 1.5%	191,800
Total Age 35-49	100.0%	202,700
Age 50-64		
Did Binge Drink	2.0% \pm 1.1%	2,100
Did Not Binge Drink	98.0% \pm 1.1%	105,800
Total Age 50-64	100.0%	107,900
Age 65 or Over		
Did Binge Drink	1.0% \pm 0.9%	1,000
Did Not Binge Drink	99.0% \pm 0.9%	104,600
Total Age 65 or Over	100.0%	105,600
Binge Drinking by Sex (Age 18 or Over)		
Males		
Did Binge Drink	12.7% \pm 1.3%	83,000
Did Not Binge Drink	87.3% \pm 1.3%	570,600
Total Males	100.0%	653,600
Females		
Did Binge Drink	4.5% \pm 0.7%	31,000
Did Not Binge Drink	95.5% \pm 0.7%	358,600
Total Females	100.0%	689,600

* Footnotes are located on last page of table.

Table 7. Binge Drinking, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Binge Drinking by Education Level (Age 18 or Over)		
Some High School		
Did Binge Drink	15.9% \pm 4.2%	13,200
Did Not Binge Drink	84.2% \pm 4.2%	70,100
Total Some High School	100.0%	83,300
High School Graduate/Some College		
Did Binge Drink	9.1% \pm 1.0%	73,200
Did Not Binge Drink	90.9% \pm 1.0%	734,100
Total High School Graduate./Some College	100.0%	807,300
Technical/Vocational Degree		
Did Binge Drink	8.4% \pm 3.5%	5,900
Did Not Binge Drink	91.6% \pm 3.5%	63,900
Total Technical/Vocational Degree	100.0%	69,800
4+Years College Degree		
Did Binge Drink	5.6% \pm 1.2%	21,500
Did Not Binge Drink	94.4% \pm 1.2%	361,300
Total 4+Years College Degree	100.0%	382,800
Binge Drinking by Drinking and Driving (Age 18 or Over)		
Did Drink and Drive²		
Did Binge Drink	90.3% \pm 8.3%	13,400
Did Not Binge Drink	9.7% \pm 8.3%	1,400
Total Did Drink and Drive	100.0%	14,800
Did Not Drink and Drive		
Did Binge Drink	7.4% \pm 0.7%	98,300
Did Not Binge Drink	92.6% \pm 0.7%	1,230,100
Total Did Not Drink and Drive	100.0%	1,328,400

* Footnotes are located on last page of table.

Table 7. Binge Drinking, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Binge Drinking by Annual Household Income (Age 18 or Over)		
Less than \$15,000		
Did Binge Drink	7.9% \pm 2.9%	7,100
Did Not Binge Drink	92.1% \pm 2.9%	82,900
Total Less than \$15,000	100.0%	90,000
\$15,000 to \$35,000		
Did Binge Drink	10.5% \pm 1.7%	42,200
Did Not Binge Drink	89.5% \pm 1.7%	359,400
Total \$15,000 to \$35,000	100.0%	401,600
\$35,000 to \$55,000		
Did Binge Drink	8.6% \pm 1.5%	38,600
Did Not Binge Drink	91.4% \pm 1.5%	408,700
Total \$35,000 to \$55,000	100.0%	447,300
Over \$55,000		
Did Binge Drink	7.9% \pm 1.5%	31,700
Did Not Binge Drink	92.2% \pm 1.5%	372,600
Total Over \$55,000	100.0%	404,300
Binge Drinking by Hispanic Status (Age 18 or Over)		
Hispanic		
Did Binge Drink	12.5% \pm 3.9%	9,600
Did Not Binge Drink	87.5% \pm 3.9%	67,000
Total Hispanic	100.0%	76,600
Non-Hispanic		
Did Binge Drink	8.3% \pm 0.8%	104,900
Did Not Binge Drink	91.7% \pm 0.8%	1,161,700
Total Non-Hispanic	100.0%	1,266,600

* Footnotes are located on last page of table.

Table 7. Binge Drinking, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Binge Drinking by General Health Status (Age 18 or Over)		
Good, Very Good or Excellent		
Did Binge Drink	8.5% \pm 0.9%	104,400
Did Not Binge Drink	91.5% \pm 0.9%	1,123,300
Total G, VG or E	100.0%	1,227,700
Fair or Poor		
Did Binge Drink	8.1% \pm 2.2%	9,300
Did Not Binge Drink	91.9% \pm 2.2%	106,200
Total Fair or Poor	100.0%	115,500

¹ Rounded to the nearest 100 persons.

² Drove within an hour of consuming 4 or more drinks at least once in past month.

Table 8. Drinking and Driving: Percentage of Adults Who Reported Driving Within an Hour After Drinking Four or More Drinks at Least Once in the Past Month. By Age and Sex, Education Level, Binge Drinking,¹ Annual Household Income, Hispanic Status, and General Health Status. Utah, 1996.

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ²
Drinking and Driving (Age 18 or Over)		
Did Drink and Drive	1.1% \pm 0.3%	14,800
Did Not Drink and Drive	98.9% \pm 0.3%	1,328,400
Total Utahns Age 18 or Over	100.0%	1,343,200
Drinking and Driving by Age and Sex (Age 18 or Over)		
Males by Age Group		
Age 18-34		
Did Drink and Drive	1.9% \pm 0.7%	5,100
Did Not Drink and Drive	98.1% \pm 0.7%	262,500
Total Age 18-34	100.0%	267,600
Age 35-49		
Did Drink and Drive	2.2% \pm 1.0%	4,400
Did Not Drink and Drive	97.8% \pm 1.0%	196,800
Total Age 35-49	100.0%	201,200
Age 50-64		
Did Drink and Drive	1.4% \pm 1.3%	1,500
Did Not Drink and Drive	98.6% \pm 1.3%	102,400
Total Age 50-64	100.0%	103,900
Age 65 or Over		
Did Drink and Drive	0.3% \pm 0.4%	200
Did Not Drink and Drive	99.7% \pm 0.4%	80,700
Total Age 65 or Over	100.0%	80,900

* Footnotes are located on last page of table.

Table 8. Drinking and Driving, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ²
Drinking and Driving by Age and Sex (Age 18 or Over) (continued)		
Females by Age Group		
Age 18-34		
Did Drink and Drive	1.0% \pm 0.5%	2,700
Did Not Drink and Drive	99.0% \pm 0.5%	270,700
Total Age 18-34	100.0%	273,400
Age 35-49		
Did Drink and Drive	*** \pm ***	***
Did Not Drink and Drive	99.6% \pm 0.4%	201,900
Total Age 35-49	100.0%	202,700
Age 50-64		
Did Drink and Drive	*** \pm ***	***
Did Not Drink and Drive	99.9% \pm 0.1%	107,800
Total Age 50-64	100.0%	107,900
Age 65 or Over		
Did Drink and Drive	0.0% \pm *	0
Did Not Drink and Drive	100.0% \pm *	105,600
Total Age 65 or Over	100.0%	105,600
Drinking and Driving by Sex (Age 18 or Over)		
Males		
Did Drink and Drive	1.7% \pm 0.5%	11,100
Did Not Drink and Drive	98.3% \pm 0.5%	642,500
Total Males	100.0%	653,600
Females		
Did Drink and Drive	0.5% \pm 0.3%	3,400
Did Not Drink and Drive	99.5% \pm 0.3%	686,200
Total Females	100.0%	689,600

* Footnotes are located on last page of table.

Table 8. Drinking and Driving, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ²
Drinking and Driving by Education (Age 18 or Over)		
Some High School		
Did Drink and Drive	2.3% \pm 1.9%	1,900
Did Not Drink and Drive	97.7% \pm 1.9%	81,400
Total Some High School	100.0%	83,300
High School Graduate/Some College		
Did Drink and Drive	1.2% \pm 0.4%	10,000
Did Not Drink and Drive	98.8% \pm 0.4%	797,300
Total High School Graduate/Some College	100.0%	807,300
Technical/Vocational Degree		
Did Drink and Drive	1.2% \pm 1.4%	800
Did Not Drink and Drive	98.8% \pm 1.4%	69,000
Total Technical/Vocational Degree	100.0%	69,800
4+ Years College Degree		
Did Drink and Drive	0.6% \pm 0.4%	2,200
Did Not Drink and Drive	99.4% \pm 0.4%	380,600
Total 4+ Years College Degree	100.0%	382,800
Drinking and Driving by Binge Drinking (Age 18 or Over)		
Did Binge Drink		
Did Drink and Drive	12.1% \pm 2.9%	13,700
Did Not Drink and Drive	87.9% \pm 2.9%	100,200
Total Did Binge Drink	100.0%	113,900
Did Not Binge Drink		
Did Drink and Drive	0.1% \pm 0.1%	1,500
Did Not Drink and Drive	99.9% \pm 0.1%	1,227,800
Total Did Not Binge Drink	100.0%	1,229,300

* Footnotes are located on last page of table.

Table 8. Drinking and Driving, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ²
Drinking and Driving by Annual Household Income (Age 18 or Over)		
Less than \$15,000		
Did Drink and Drive	1.4% \pm 1.3%	1,200
Did Not Drink and Drive	98.6% \pm 1.3%	88,800
Total Less than \$15,000	100.0%	90,000
\$15,000 to \$35,000		
Did Drink and Drive	1.6% \pm 0.7%	6,500
Did Not Drink and Drive	98.4% \pm 0.7%	395,100
Total \$15,000 to \$35,000	100.0%	401,600
\$35,000 to \$55,000		
Did Drink and Drive	1.0% \pm 0.4%	4,600
Did Not Drink and Drive	99.0% \pm 0.4%	442,700
Total \$35,000 to \$55,000	100.0%	447,300
Over \$55,000		
Did Drink and Drive	0.9% \pm 0.5%	3,500
Did Not Drink and Drive	99.1% \pm 0.5%	400,800
Total Over \$55,000	100.0%	404,300
Drinking and Driving by Hispanic Status (Age 18 or Over)		
Hispanic		
Did Drink and Drive	1.9% \pm 1.6%	1,500
Did Not Drink and Drive	98.1% \pm 1.6%	75,100
Total Hispanic	100.0%	76,600
Non-Hispanic		
Did Drink and Drive	1.1% \pm 0.3%	13,400
Did Not Drink and Drive	98.9% \pm 0.3%	1,253,200
Total Non-Hispanic	100.0%	1,266,600

* Footnotes are located on last page of table.

Table 8. Drinking and Driving, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ²
Drinking and Driving by General Health Status (Age 18 or Over)		
Good/Very Good/Excellent		
Did Drink and Drive	1.2% \pm 0.3%	14,200
Did Not Drink and Drive	98.8% \pm 0.3%	1,213,500
Total Good/Very Good/Excellent	100.0%	1,227,700
Fair/Poor		
Did Drink and Drive	0.7% \pm 0.6%	800
Did Not Drink and Drive	99.3% \pm 0.6%	114,700
Total Fair/Poor	100.0%	115,500

¹ Consumption of five or more drinks on at least one occasion in the previous month.

² Rounded to the nearest 100 persons.

* Confidence intervals were not calculated for values of 0% and 100%.

*** Insufficient sample size for calculation of population estimates.

Table 9. Alcohol Consumption: Percentage of Adults by Amount of Alcohol Typically Consumed.

By Age and Sex. Utah, 1986.

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Amount of Alcohol Consumed (Age 18 or Over, 1986)		
Nondrinker	65.0% ± 1.5%	684,600
Light to Moderate Drinker	32.9% ± 1.5%	346,300
Heavy Drinker ²	2.1% ± 0.5%	22,300
Total Age 18 or Over	100.0%	1,053,200
Amount of Alcohol Consumed by Age (Age 18 or Over, 1986)		
Age 18-34		
Nondrinker	62.2% ± 2.3%	299,200
Light to Moderate Drinker	36.1% ± 2.3%	173,800
Heavy Drinker	1.7% ± 0.7%	8,000
Total Age 18-34	100.0%	481,000
Age 35-49		
Nondrinker	61.3% ± 3.0%	164,000
Light to Moderate Drinker	36.1% ± 2.9%	96,600
Heavy Drinker	2.6% ± 1.2%	6,900
Total Age 35-49	100.0%	267,500
Age 50-64		
Nondrinker	69.5% ± 3.7%	116,500
Light to Moderate Drinker	26.6% ± 3.5%	44,500
Heavy Drinker	3.9% ± 2.0%	6,500
Total Age 50-64	100.0%	167,600
Age 65 or Over		
Nondrinker	76.2% ± 4.1%	104,600
Light to Moderate Drinker	23.1% ± 4.0%	31,700
Heavy Drinker ²	*** ± ***	***
Total Age 65 or Over	100.0%	137,200

* Footnotes are located on last page of table.

Table 9. Alcohol Consumption, 1986 (continue

	Survey Estimates of Utahns Age 18 or Over of	
	Percentage	Persons¹
Amount of Alcohol Consumed by Sex (Age 18 or Over, 1986		
Males		
Nondrinker	61.1% \pm 2.3%	313,500
Light to Moderate Drinker	35.6% \pm 2.2%	182,500
Heavy Drinker	3.4% \pm 1.0%	17,300
Total Males	100.0%	513,300
Females		
Nondrinker	68.7% \pm 2.1%	370,800
Light to Moderate Drinker	30.4% \pm 2.1%	164,100
Heavy Drinker	1.0% \pm 0.5%	5,200
Total Females	100.0%	540,000

¹ Rounded to the nearest 100 persons.

² Heavy drinkers are persons who on average, consume more than 60 alcoholic drinks per month.

*** Insufficient sample size for calculation of population estimates.

**Table 10. Drinking and Driving:
Percentage of Adults Who Reported Driving
Within an Hour After Drinking Four or More
Drinks at Least Once in the Past Month.
By Age and Sex. Utah, 1986.**

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Drinking and Driving (Age 18 or Over, 1986)		
Did Drink and Drive	4.1% \pm 0.7%	42,900
Did Not Drink and Drive	95.9% \pm 0.7%	1,010,300
Total Age 18 or Over	100.0%	1,053,200
Drinking and Driving by Age (Age 18 or Over, 1986)		
Age 18-34		
Did Drink and Drive	6.0% \pm 1.2%	28,600
Did Not Drink and Drive	94.1% \pm 1.2%	452,400
Total Age 18-34	100.0%	481,000
Age 35-49		
Did Drink and Drive	3.2% \pm 1.0%	8,500
Did Not Drink and Drive	96.8% \pm 1.0%	259,000
Total Age 35-49	100.0%	267,500
Age 50-64		
Did Drink and Drive	2.3% \pm 1.6%	3,900
Did Not Drink and Drive	97.7% \pm 1.6%	163,700
Total Age 50-64	100.0%	167,600
Age 65 or Over		
Did Drink and Drive	*** \pm ***	***
Did Not Drink and Drive	99.7% \pm 0.3%	136,800
Total Age 65 or Over	100.0%	137,200

* Footnotes are located on last page of table.

Table 10. Drinking and Driving, 1986 (continuation)

	Survey Estimates of Utahns Age 18 or Over of	
	Percentage	Persons ¹
Drinking and Driving by Sex (Age 18 or Over, 1986)		
Males		
Did Drink and Drive	6.2% \pm 1.2%	31,900
Did Not Drink and Drive	93.8% \pm 1.2%	481,400
Total Males	100.0%	513,300
Females		
Did Drink and Drive	2.0% \pm 0.7%	10,800
Did Not Drink and Drive	98.0% \pm 0.7%	529,200
Total Females	100.0%	540,000

¹ Rounded to the nearest 100 persons.

*** Insufficient sample size for calculation of population estimates.

Table 11. Alcohol Consumption: Percentage of Adults by Amount of Alcohol Typically Consumed.

By Age and Sex. Utah, 1991.

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Alcohol Consumption (Age 18 or Over, 1991)		
Nondrinker	79.6% \pm 1.3%	901,700
Light to Moderate Drinker	18.5% \pm 1.2%	209,600
Heavy Drinker ²	2.0% \pm 0.5%	22,100
Total Age 18 or Over	100.0%	1,133,400
Alcohol Consumption by Age (Age 18 or Over, 1991)		
Age 18-34		
Nondrinker	78.7% \pm 2.0%	384,400
Light to Moderate Drinker	18.8% \pm 1.9%	91,900
Heavy Drinker	2.5% \pm 0.8%	12,000
Total Age 18-34	100.0%	488,200
Age 35-49		
Nondrinker	75.9% \pm 2.6%	240,900
Light to Moderate Drinker	22.3% \pm 2.5%	70,700
Heavy Drinker	1.9% \pm 0.9%	6,000
Total Age 35-49	100.0%	317,600
Age 50-64		
Nondrinker	81.6% \pm 2.8%	141,000
Light to Moderate Drinker	17.0% \pm 2.8%	29,400
Heavy Drinker	1.4% \pm 0.9%	2,400
Total Age 50-64	100.0%	172,800
Age 65 or Over		
Nondrinker	87.1% \pm 2.5%	134,800
Light to Moderate Drinker	11.8% \pm 2.4%	18,200
Heavy Drinker ²	1.2% \pm 1.0%	1,800
Total Age 65 or Over	100.0%	154,800

* Footnotes are located on last page of table.

Table 11. Alcohol Consumption, 1991 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Alcohol Consumption by Sex (Age 18 or Over, 1991)		
Males		
Nondrinker	75.2% \pm 1.9%	415,800
Light to Moderate Drinker	21.7% \pm 1.8%	119,900
Heavy Drinker	3.1% \pm 0.8%	17,200
Total Males	100.0%	552,900
Females		
Nondrinker	83.6% \pm 1.6%	485,200
Light to Moderate Drinker	15.5% \pm 1.6%	90,200
Heavy Drinker	0.9% \pm 0.4%	5,100
Total Females	100.0%	580,500

¹ Rounded to the nearest 100 persons.

Table 12. Drinking and Driving: Percentage of Adults Who Reported Driving Within an Hour After Drinking Four or More Drinks at Least Once in the Past Month.

By Age and Sex. Utah, 1991.

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Drinking and Driving (Age 18 or Over, 1991)		
Did Drink and Drive	1.0% \pm 0.3%	11,300
Did Not Drink and Drive	99.0% \pm 0.3%	1,122,100
Total Age 18 or Over	100.0%	1,133,400
Drinking and Driving by Age (Age 18 or Over, 1991)		
Age 18-34		
Did Drink and Drive	1.0% \pm 0.4%	4,700
Did Not Drink and Drive	99.0% \pm 0.4%	483,500
Total Age 18-34	100.0%	488,200
Age 35-49		
Did Drink and Drive	1.7% \pm 0.9%	5,300
Did Not Drink and Drive	98.3% \pm 0.9%	312,300
Total Age 35-49	100.0%	317,600
Age 50-64		
Did Drink and Drive	*** \pm ***	***
Did Not Drink and Drive	99.5% \pm 0.5%	171,900
Total Age 50-64	100.0%	172,800
Age 65 or Over		
Did Drink and Drive	*** \pm ***	***
Did Not Drink and Drive	99.7% \pm 0.5%	154,400
Total Age 65 or Over	100.0%	154,800

* Footnotes are located on last page of table.

Table 12. Drinking and Driving, 1991 (continu

	Survey Estimates of Utahns Age 18 or Over of	
	Percentage	Persons ¹
Drinking and Driving by Sex (Age 18 or Over, 1991)		
Males		
Did Drink and Drive	1.4% \pm 0.5%	7,700
Did Not Drink and Drive	98.6% \pm 0.5%	545,200
Total Males	100.0%	552,900
Females		
Did Drink and Drive	0.6% \pm 0.4%	3,700
Did Not Drink and Drive	99.4% \pm 0.4%	576,800
Total Females	100.0%	580,500

¹ Rounded to the nearest 100 persons.

*** Insufficient sample size for calculation of population estimates.

Table 13. Binge Drinking: Percentage of Adults Who Reported Drinking Five or More Drinks on at Least One Occasion in Previous Month.

By Age and Sex. Utah, 1991.

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Binge Drinking (Age 18 or Over, 1991)		
Did Binge Drink	6.5% \pm 0.9%	73,700
Did Not Binge Drink	93.5% \pm 0.9%	1,059,700
Total Utahs Age 18 or Over	100.0%	1,133,400
Binge Drinking by Age and Sex (Age 18 or Over, 1991)		
Males by Age Group		
Age 18-34		
Did Binge Drink	12.6% \pm 2.6%	30,700
Did Not Binge Drink	87.4% \pm 2.6%	213,100
Total Age 18-34	100.0%	243,800
Age 35-49		
Did Binge Drink	11.8% \pm 3.2%	18,700
Did Not Binge Drink	88.2% \pm 3.2%	139,900
Total Age 35-49	100.0%	158,600
Age 50-64		
Did Binge Drink	4.5% \pm 2.4%	3,800
Did Not Binge Drink	95.5% \pm 2.4%	80,200
Total Age 50-64	100.0%	84,000
Age 65 or Over		
Did Binge Drink	2.3% \pm 2.1%	1,500
Did Not Binge Drink	97.7% \pm 2.1%	64,900
Total Age 65 or Over	100.0%	66,400

* Footnotes are located on last page of table.

Table 13. Binge Drinking, 1991 (continued)

	Survey Estimates of Utahns Age 18 or Over of	
	Percentage	Persons ¹
Binge Drinking by Age and Sex (Age 18 or Over, 1991) (continued)		
Females by Age Group		
Age 18-34		
Did Binge Drink	5.6% \pm 1.7%	13,600
Did Not Binge Drink	94.4% \pm 1.7%	230,800
Total Age 18-34	100.0%	244,400
Age 35-49		
Did Binge Drink	2.9% \pm 1.5%	4,600
Did Not Binge Drink	97.1% \pm 1.5%	154,300
Total Age 35-49	100.0%	158,900
Age 50-64		
Did Binge Drink	1.8% \pm 1.4%	1,600
Did Not Binge Drink	98.2% \pm 1.4%	87,200
Total Age 50-64	100.0%	88,800
Age 65 or Over		
Did Binge Drink	*** \pm ***	***
Did Not Binge Drink	99.8% \pm 0.3%	88,200
Total Age 65 or Over	100.0%	88,400
Binge Drinking by Sex (Age 18 or Over)		
Males		
Did Binge Drink	9.9% \pm 1.6%	54,700
Did Not Binge Drink	90.1% \pm 1.6%	498,100
Total Males	100.0%	552,800
Females		
Did Binge Drink	3.5% \pm 0.9%	20,300
Did Not Binge Drink	96.6% \pm 0.9%	560,200
Total Females	100.0%	580,500

¹ Rounded to the nearest 100 persons.

*** Insufficient sample size for calculation of population estimates.

Table 14. Cigarette Smoking: Percentage of Adults by Smoking History and Number of Cigarettes Smoked Per Day. By Age, Sex, Education Level, Annual Household Income, Hispanic Status, General Health Status, and Religious Activity. Utah, 1996.

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Daily Cigarette Smoking (Age 18 or Over)		
Never Smoked	74.0% \pm 1.3%	994,500
Former Smoker	13.6% \pm 1.0%	182,400
Less Than 1/2 Pack/Day	5.1% \pm 0.6%	68,200
1/2 to 1 Pack/Day	5.1% \pm 0.6%	68,400
> 1 Pack/Day	2.2% \pm 0.5%	29,700
Total Age 18 or Over	100.0%	1,343,200
Daily Cigarette Smoking by Age (Age 18 or Over)		
Age 18-34		
Never Smoked	78.8% \pm 1.8%	426,500
Former Smoker	8.2% \pm 1.2%	44,300
Less Than 1/2 Pack/Day	6.0% \pm 1.0%	32,400
1/2 to 1 Pack/Day	5.7% \pm 1.0%	30,600
> 1 Pack/Day	1.3% \pm 0.5%	7,300
Total Age 18-34	100.0%	541,100
Age 35-49		
Never Smoked	71.4% \pm 2.5%	288,300
Former Smoker	13.3% \pm 1.8%	53,900
Less Than 1/2 Pack/Day	6.4% \pm 1.3%	25,800
1/2 to 1 Pack/Day	5.1% \pm 1.1%	20,700
> 1 Pack/Day	3.8% \pm 1.1%	15,200
Total Age 35-49	100.0%	403,900

* Footnotes are located on last page of table.

Table 14. Cigarette Smoking History and Amount Smoked, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Daily Cigarette Smoking by Age (Age 18 or Over) (continued)		
Age 50-64		
Never Smoked	67.8% \pm 3.1%	143,600
Former Smoker	21.5% \pm 2.8%	45,500
Less Than 1/2 Pack/Day	2.4% \pm 0.8%	5,100
1/2 to 1 Pack/Day	5.7% \pm 1.5%	12,100
> 1 Pack/Day	2.6% \pm 1.0%	5,600
Total Age 50-64	100.0%	211,700
Age 65 or Over		
Never Smoked	73.5% \pm 3.2%	137,100
Former Smoker	20.8% \pm 2.9%	38,700
Less Than 1/2 Pack/Day	2.6% \pm 1.0%	4,900
1/2 to 1 Pack/Day	2.3% \pm 1.3%	4,400
> 1 Pack/Day	0.7% \pm 0.6%	1,300
Total Age 65 or Over	100.0%	186,500
Daily Cigarette Smoking by Sex (Age 18 or Over)		
Males		
Never Smoked	68.0% \pm 1.8%	444,400
Former Smoker	16.8% \pm 1.4%	109,800
Less Than 1/2 Pack/Day	5.7% \pm 0.9%	37,300
1/2 to 1 Pack/Day	6.5% \pm 0.9%	42,700
> 1 Pack/Day	3.0% \pm 0.7%	19,400
Total Males	100.0%	653,600
Females		
Never Smoked	79.8% \pm 1.5%	550,200
Former Smoker	10.5% \pm 1.1%	72,600
Less Than 1/2 Pack/Day	4.5% \pm 0.7%	31,000
1/2 to 1 Pack/Day	3.7% \pm 0.7%	25,600
> 1 Pack/Day	1.5% \pm 0.5%	10,200
Total Females	100.0%	689,600

* Footnotes are located on last page of table.

Table 14. Cigarette Smoking History and Amount Smoked, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Daily Cigarette Smoking by Education Level (Age 18 or Over)		
Some High School		
Never Smoked	40.7% ± 5.3%	33,900
Former Smoker	21.3% ± 4.1%	17,700
Less Than 1/2 Pack/Day	13.1% ± 3.8%	10,900
1/2 to 1 Pack/Day	18.8% ± 4.3%	15,700
> 1 Pack/Day	6.3% ± 2.7%	5,200
Total Some High School	100.0%	83,300
High School Graduate/Some College		
Never Smoked	72.5% ± 1.6%	585,200
Former Smoker	13.8% ± 1.2%	111,400
Less Than 1/2 Pack/Day	5.8% ± 0.8%	46,700
1/2 to 1 Pack/Day	5.4% ± 0.8%	43,700
> 1 Pack/Day	2.5% ± 0.6%	20,300
Total High School Graduate/Some College	100.0%	807,300
Technical/Vocational Degree		
Never Smoked	73.7% ± 5.1%	51,400
Former Smoker	14.8% ± 3.8%	10,300
Less Than 1/2 Pack/Day	5.1% ± 2.8%	3,500
1/2 to 1 Pack/Day	3.3% ± 1.8%	2,300
> 1 Pack/Day	3.2% ± 2.1%	2,200
Total Technical/Vocational Degree	100.0%	69,800
4+ Years College Degree		
Never Smoked	84.5% ± 1.9%	323,500
Former Smoker	11.4% ± 1.7%	43,700
Less Than 1/2 Pack/Day	1.9% ± 0.7%	7,200
1/2 to 1 Pack/Day	1.7% ± 0.7%	6,700
> 1 Pack/Day	0.5% ± 0.4%	1,800
Total 4+ Years College Degree	100.0%	382,800

* Footnotes are located on last page of table.

Table 14. Cigarette Smoking History and Amount Smoked, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Daily Cigarette Smoking by Annual Household Income (Age 18 or Over)		
Less than \$15,000		
Never Smoked	63.3% ± 5.2%	56,900
Former Smoker	16.0% ± 3.7%	14,400
Less Than 1/2 Pack/Day	9.4% ± 3.2%	8,500
1/2 to 1 Pack/Day	8.5% ± 3.0%	7,700
> 1 Pack/Day	2.9% ± 1.4%	2,600
Total Less than \$15,000	100.0%	90,000
\$15,000 to \$35,000		
Never Smoked	68.6% ± 2.6%	275,400
Former Smoker	15.5% ± 1.9%	62,100
Less Than 1/2 Pack/Day	5.5% ± 1.3%	22,000
1/2 to 1 Pack/Day	6.8% ± 1.4%	27,300
> 1 Pack/Day	3.7% ± 1.2%	14,800
Total \$15,000 to \$35,000	100.0%	401,600
\$35,000 to \$55,000		
Never Smoked	75.3% ± 2.5%	336,600
Former Smoker	13.0% ± 1.8%	58,200
Less Than 1/2 Pack/Day	5.3% ± 1.3%	23,500
1/2 to 1 Pack/Day	4.7% ± 1.0%	20,900
> 1 Pack/Day	1.8% ± 0.6%	8,100
Total \$35,000 to \$55,000	100.0%	447,300
Over \$55,000		
Never Smoked	80.2% ± 2.4%	324,300
Former Smoker	12.0% ± 1.8%	48,400
Less Than 1/2 Pack/Day	3.5% ± 0.9%	14,200
1/2 to 1 Pack/Day	3.3% ± 1.1%	13,500
> 1 Pack/Day	1.0% ± 0.5%	3,900
Total Over \$55,000	100.0%	404,300

* Footnotes are located on last page of table.

Table 14. Cigarette Smoking History and Amount Smoked, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Daily Cigarette Smoking by Hispanic Status		
Hispanic		
Never Smoked	71.4% ± 5.8%	54,700
Former Smoker	11.2% ± 3.7%	8,600
Less Than 1/2 Pack/Day	13.9% ± 4.6%	10,700
1/2 to 1 Pack/Day	3.2% ± 2.1%	2,400
> 1 Pack/Day	*** ± ***	***
Total Hispanic	100.0%	76,600
Non-Hispanic		
Never Smoked	74.2% ± 1.4%	940,200
Former Smoker	13.7% ± 1.0%	173,100
Less Than 1/2 Pack/Day	4.7% ± 0.6%	58,900
1/2 to 1 Pack/Day	5.1% ± 0.6%	65,100
> 1 Pack/Day	2.3% ± 0.5%	29,300
Total Non-Hispanic	100.0%	1,266,600
Daily Cigarette Smoking by General Health Status (Age 18 or Over)		
Good, Very Good or Excellent		
Never Smoked	75.7% ± 1.4%	929,600
Former Smoker	12.8% ± 1.0%	156,800
Less Than 1/2 Pack/Day	4.8% ± 0.6%	58,900
1/2 to 1 Pack/Day	4.8% ± 0.6%	58,600
> 1 Pack/Day	2.0% ± 0.5%	23,900
Total G, VG or E	100.0%	1,227,700
Fair or Poor		
Never Smoked	61.2% ± 3.8%	70,700
Former Smoker	19.9% ± 2.9%	22,900
Less Than 1/2 Pack/Day	7.3% ± 2.2%	8,400
1/2 to 1 Pack/Day	7.4% ± 2.0%	8,500
> 1 Pack/Day	4.2% ± 1.5%	4,900
Total Fair or Poor	100.0%	115,500

* Footnotes are located on last page of table.

Table 14. Cigarette Smoking History and Amount Smoked, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Daily Cigarette Smoking by Religious Activity (Age 18 or Over)		
Active LDS		
Never Smoked	92.7% ± 1.2%	611,200
Former Smoker	7.0% ± 1.2%	45,900
Less Than 1/2 Pack/Day	*** ± ***	***
1/2 to 1 Pack/Day	*** ± ***	***
> 1 Pack/Day	0.0% ± *	0
Total Active LDS	100.0%	659,500
Less Active LDS		
Never Smoked	55.1% ± 4.4%	149,500
Former Smoker	23.5% ± 3.8%	63,700
Less Than 1/2 Pack/Day	7.8% ± 2.8%	21,200
1/2 to 1 Pack/Day	8.4% ± 2.2%	22,900
> 1 Pack/Day	5.2% ± 2.0%	14,100
Total Less Active LDS	100.0%	271,300
Active Other Religion		
Never Smoked	65.0% ± 6.8%	59,400
Former Smoker	26.7% ± 6.4%	24,400
Less Than 1/2 Pack/Day	5.2% ± 3.0%	4,700
1/2 to 1 Pack/Day	2.7% ± 2.3%	2,500
> 1 Pack/Day	*** ± ***	***
Total Active Other Religion	100.0%	91,300
Less Active Other Religion		
Never Smoked	47.1% ± 5.2%	87,400
Former Smoker	24.8% ± 4.4%	46,000
Less Than 1/2 Pack/Day	11.4% ± 3.3%	21,200
1/2 to 1 Pack/Day	10.3% ± 3.1%	19,100
> 1 Pack/Day	6.4% ± 3.0%	11,900
Total Less Active Other Religion	100.0%	185,400

* Footnotes are located on last page of table.

Table 14. Cigarette Smoking History and Amount Smoked, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over of	
	Percentage	Persons ¹
Daily Cigarette Smoking by Religious Activity (Age 18 or Over) (continued)		
No Religion		
Never Smoked	51.8% \pm 6.2%	70,300
Former Smoker	20.1% \pm 4.9%	27,300
Less Than 1/2 Pack/Day	10.0% \pm 3.4%	13,500
1/2 to 1 Pack/Day	13.1% \pm 4.0%	17,800
> 1 Pack/Day	5.1% \pm 2.4%	6,900
Total No Religion	100.0%	135,700

¹ Rounded to the nearest 100 persons.

² "Active" refers to attending religious services once a week or more.

³ "Less active" refers to attending religious services less than once a week.

* Confidence intervals were not calculated for values of 0% and 100%.

*** Insufficient sample size for calculation of population estimates.

Table 15. Cigarette Smoking: Percentage of Adults Who Were Never, Former, and Current Smokers.
By Age, Sex, Education Level, Annual Household Income, Hispanic Status, General Health Status, and Religious Activity. Utah, 1996.

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Cigarette Smoking History (Age 18 or Over)		
Never Smoked	74.0% \pm 1.3%	994,500
Former Smoker	13.6% \pm 1.0%	182,400
Current Smoker	12.4% \pm 1.0%	166,600
Total Age 18 or Over	100.0%	1,343,200
Cigarette Smoking History by Age (Age 18 or Over)		
Age 18-34		
Never Smoked	78.8% \pm 1.8%	426,500
Former Smoker	8.2% \pm 1.2%	44,300
Current Smoker	13.0% \pm 1.5%	70,300
Total Age 18-34	100.0%	541,100
Age 35-49		
Never Smoked	71.4% \pm 2.5%	288,300
Former Smoker	13.3% \pm 1.8%	53,900
Current Smoker	15.3% \pm 2.0%	61,800
Total Age 35-49	100.0%	403,900
Age 50-64		
Never Smoked	67.8% \pm 3.1%	143,600
Former Smoker	21.5% \pm 2.8%	45,500
Current Smoker	10.7% \pm 2.0%	22,700
Total Age 50-64	100.0%	211,700
Age 65 or Over		
Never Smoked	73.5% \pm 3.2%	137,100
Former Smoker	20.8% \pm 2.9%	38,700
Current Smoker	5.7% \pm 1.7%	10,600
Total Age 65 or Over	100.0%	186,500

* Footnotes are located on last page of table.

Table 15. Cigarette Smoking History, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Cigarette Smoking History by Sex (Age 18 or Over)		
Males		
Never Smoked	68.0% ± 1.8%	444,400
Former Smoker	16.8% ± 1.4%	109,800
Current Smoker	15.2% ± 1.4%	99,400
Total Males	100.0%	653,600
Females		
Never Smoked	79.8% ± 1.5%	550,200
Former Smoker	10.5% ± 1.1%	72,600
Current Smoker	9.7% ± 1.1%	66,800
Total Females	100.0%	689,600
Cigarette Smoking History by Education Level (Age 18 or Over)		
Some High School		
Never Smoked	40.7% ± 5.3%	33,900
Former Smoker	21.3% ± 4.1%	17,700
Current Smoker	38.1% ± 5.5%	31,700
Total Some High School	100.0%	83,300
High School Graduate/Some College		
Never Smoked	72.5% ± 1.6%	585,200
Former Smoker	13.8% ± 1.2%	111,400
Current Smoker	13.7% ± 1.2%	110,600
Total High School Graduate/Some College	100.0%	807,300
Technical/Vocational Degree		
Never Smoked	73.7% ± 5.1%	51,400
Former Smoker	14.8% ± 3.8%	10,300
Current Smoker	11.6% ± 3.7%	8,100
Total Technical/Vocational Degree	100.0%	69,800
4+ Years College Degree		
Never Smoked	84.5% ± 1.9%	323,500
Former Smoker	11.4% ± 1.7%	43,700
Current Smoker	4.1% ± 1.0%	15,600
Total 4+ Years College Degree	100.0%	382,800

* Footnotes are located on last page of table.

Table 15. Cigarette Smoking History, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Cigarette Smoking History by Annual Household Income (Age 18 or Over)		
Less than \$15,000		
Never Smoked	63.3% ± 5.2%	56,900
Former Smoker	16.0% ± 3.7%	14,400
Current Smoker	20.8% ± 4.3%	18,700
Total Less than \$15,000	100.0%	90,000
\$15,000 to \$35,000		
Never Smoked	68.6% ± 2.6%	275,400
Former Smoker	15.5% ± 1.9%	62,100
Current Smoker	16.0% ± 2.2%	64,100
Total \$15,000 to \$35,000	100.0%	401,600
\$35,000 to \$55,000		
Never Smoked	75.3% ± 2.5%	336,600
Former Smoker	13.0% ± 1.8%	58,200
Current Smoker	11.7% ± 1.9%	52,500
Total \$35,000 to \$55,000	100.0%	447,300
Over \$55,000		
Never Smoked	80.2% ± 2.4%	324,300
Former Smoker	12.0% ± 1.8%	48,400
Current Smoker	7.8% ± 1.5%	31,600
Total Over \$55,000	100.0%	404,300
Cigarette Smoking History by Hispanic Status (Age 18 or Over)		
Hispanic		
Never Smoked	71.4% ± 5.8%	54,700
Former Smoker	11.2% ± 3.7%	8,600
Current Smoker	17.4% ± 4.8%	13,300
Total Hispanic	100.0%	76,600
Non-Hispanic		
Never Smoked	74.2% ± 1.4%	940,200
Former Smoker	13.7% ± 1.0%	173,100
Current Smoker	12.1% ± 1.0%	153,300
Total Non-Hispanic	100.0%	1,266,600

* Footnotes are located on last page of table.

Table 15. Cigarette Smoking History, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Cigarette Smoking History by General Health Status (Age 18 or Over)		
Good, Very Good or Excellent		
Never Smoked	75.7% \pm 1.4%	929,600
Former Smoker	12.8% \pm 1.0%	156,800
Current Smoker	11.5% \pm 1.0%	141,300
Total Good, Very Good or Excellent	100.0%	1,227,700
Fair or Poor		
Never Smoked	61.2% \pm 3.8%	70,700
Former Smoker	19.9% \pm 2.9%	22,900
Current Smoker	18.9% \pm 3.4%	21,800
Total Fair or Poor	100.0%	115,500
Cigarette Smoking History by Health Insurance Coverage (Age 18 or Over)		
Had Health Insurance Coverage		
Never Smoked	75.4% \pm 1.4%	913,500
Former Smoker	13.8% \pm 1.0%	167,200
Current Smoker	10.8% \pm 1.0%	131,400
Total Had Health Insurance Coverage	100.0%	1,212,200
Did Not Have Health Insurance Coverage		
Never Smoked	62.3% \pm 4.3%	81,600
Former Smoker	12.1% \pm 2.5%	15,800
Current Smoker	25.7% \pm 4.1%	33,600
Total Did Not Have Health Insurance Coverage	100.0%	131,000

* Footnotes are located on last page of table.

Table 15. Cigarette Smoking History, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Cigarette Smoking History by Health Care Utilization (Age 18 or Over)		
Zero Visits or Talks With a Medical Doctor²		
Never Smoked	68.7% ± 14.9%	169,600
Former Smoker	11.5% ± 9.8%	28,400
Current Smoker	19.9% ± 13.2%	49,000
Total No Visits/Talks with a Medical Doctor	100.0%	247,100
1-3 Visits or Talks With a Medical Doctor		
Never Smoked	83.2% ± 6.4%	595,900
Former Smoker	13.1% ± 6.2%	93,600
Current Smoker	3.7% ± 1.7%	26,400
Total 1-3 Visits/Talks with a Medical Doctor	100.0%	715,900
4 or More Visits or Talks With a Medical Doctor		
Never Smoked	70.2% ± 12.9%	266,900
Former Smoker	20.1% ± 12.3%	76,400
Current Smoker	9.7% ± 6.9%	36,800
Total 4+ Visits/Talks with a Medical Doctor	100.0%	380,100

* Footnotes are located on last page of table.

Table 15. Cigarette Smoking: Percentage of Adults Who Were Never, Former, and Current Smokers.

By Age, Sex, Education Level, Annual Household Income, Hispanic Status, General Health Status, and Religious Activity. Utah, 1996.

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Cigarette Smoking History (Age 18 or Over)		
Never Smoked	74.0% \pm 1.3%	994,500
Former Smoker	13.6% \pm 1.0%	182,400
Current Smoker	12.4% \pm 1.0%	166,600
Total Age 18 or Over	100.0%	1,343,200
Cigarette Smoking History by Age (Age 18 or Over)		
Age 18-34		
Never Smoked	78.8% \pm 1.8%	426,500
Former Smoker	8.2% \pm 1.2%	44,300
Current Smoker	13.0% \pm 1.5%	70,300
Total Age 18-34	100.0%	541,100
Age 35-49		
Never Smoked	71.4% \pm 2.5%	288,300
Former Smoker	13.3% \pm 1.8%	53,900
Current Smoker	15.3% \pm 2.0%	61,800
Total Age 35-49	100.0%	403,900
Age 50-64		
Never Smoked	67.8% \pm 3.1%	143,600
Former Smoker	21.5% \pm 2.8%	45,500
Current Smoker	10.7% \pm 2.0%	22,700
Total Age 50-64	100.0%	211,700
Age 65 or Over		
Never Smoked	73.5% \pm 3.2%	137,100
Former Smoker	20.8% \pm 2.9%	38,700
Current Smoker	5.7% \pm 1.7%	10,600
Total Age 65 or Over	100.0%	186,500

* Footnotes are located on last page of table.

Table 15. Cigarette Smoking History, 1996 (continued)

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Cigarette Smoking History by Selected Medical Conditions³ (Age 18 or Over) (continued)		
Diagnosed With Diabetes		
Never Smoked	75.6% ± 6.2%	41,000
Former Smoker	13.7% ± 4.6%	10,700
Current Smoker	10.7% ± 5.0%	5,700
Total Utahns With Diabetes	100.0%	57,400
Not Diagnosed With Diabetes		
Never Smoked	74.3% ± 1.3%	953,500
Former Smoker	13.5% ± 1.0%	171,400
Current Smoker	12.3% ± 1.0%	160,900
Total Utahns Without Diabetes	100.0%	1,285,800
Diagnosed With Stroke		
Never Smoked	55.2% ± 15.5%	10,000
Former Smoker	14.3% ± 8.2%	4,600
Current Smoker	30.5% ± 14.7%	3,000
Total Utahns Who Had Had Stroke	100.0%	17,600
Not Diagnosed With Stroke		
Never Smoked	74.4% ± 1.3%	984,700
Former Smoker	13.4% ± 1.0%	177,500
Current Smoker	12.1% ± 1.0%	163,300
Total Utahns Who Did Not Have Stroke	100.0%	1,325,600

* Footnotes are located on last page of table.

Table 15. Cigarette Smoking History, 1996 (continued)

		Survey Estimates of Utahns Age 18 or Over	
		Percentage	Number of Persons ¹
Cigarette Smoking History by Religious Activity (Age 18 or Over)			
Active⁴ LDS			
Never Smoked		92.6% \pm 1.2%	610,900
Former Smoker		7.0% \pm 1.2%	46,200
Current Smoker		0.4% \pm 0.2%	2,400
Total Active LDS		100.0%	659,500
Less Active⁵ LDS			
Never Smoked		54.9% \pm 4.4%	148,900
Former Smoker		23.7% \pm 3.8%	64,200
Current Smoker		21.4% \pm 3.7%	58,100
Total Less Active LDS		100.0%	271,300
Active Other Religion			
Never Smoked		64.8% \pm 6.9%	59,200
Former Smoker		26.9% \pm 6.4%	24,600
Current Smoker		8.3% \pm 3.7%	7,600
Total Active Other Religion		100.0%	91,300
Less Active Other Religion			
Never Smoked		47.3% \pm 5.3%	87,700
Former Smoker		24.6% \pm 4.4%	45,500
Current Smoker		28.1% \pm 4.8%	52,100
Total Less Active Other Religion		100.0%	185,400
No Religion			
Never Smoked		51.8% \pm 6.2%	70,300
Former Smoker		20.1% \pm 4.9%	27,300
Current Smoker		28.1% \pm 5.3%	38,100
Total No Religion		100.0%	135,700

¹ Rounded to the nearest 100 persons.

² Visits or talks with a medical doctor did not include visits to a dentist, chiropractor, psychotherapist, other non-medical doctors, or an overnight stay in a hospital.

³ Age-adjusted percentages.

⁴ "Active" refers to attending religious services once a week or more

⁵ "Less active" refers to attending religious services less than once a week.

Table 16. Environmental Tobacco Smoke: Percentage of Households by Whether Adult Members Smoked Inside or Outside the Home. By Household Composition. Utah Households, 1996.

	Survey Estimates of Utah Households	
	Percentage	Number of Households ¹
Environmental Tobacco Smoke		
Households Where No Adults are Smokers	81.0% ± 1.4%	521,700
Households Where Adult Members Only Smoke Outside/Away from Home	9.3% ± 1.1%	59,700
Households Where Adult Members Smoke Inside the Home	9.7% ± 1.1%	62,400
Total Utah Households	100.0%	643,800
Environmental Tobacco Smoke by Household Composition		
Household Contains Children at Least Some of Whom are Age 6 or Under		
Households Where No Adults are Smokers	80.0% ± 2.7%	145,300
Households Where Adult Members Only Smoke Outside/Away from Home	12.8% ± 2.3%	23,200
Households Where Adult Members Smoke Inside the Home	7.2% ± 1.8%	13,100
Total Utah Households	100.0%	181,600
Household Contains Children Between the Ages of 7 and 17		
Households Where No Adults are Smokers	80.5% ± 3.1%	106,300
Households Where Adult Members Only Smoke Outside/Away from Home	8.0% ± 2.1%	10,600
Households Where Adult Members Smoke Inside the Home	11.4% ± 2.5%	15,100
Total Utah Households	100.0%	132,000
Household Contains Adults Only		
Households Where No Adults are Smokers	80.7% ± 2.4%	181,400
Households Where Adult Members Only Smoke Outside/Away from Home	9.6% ± 1.8%	21,500
Households Where Adult Members Smoke Inside the Home	9.7% ± 1.8%	21,800
Total Utah Households	100.0%	224,700
Household Contains an Adult Living Alone		
Households Where Adult Member Does Not Smoke	83.9% ± 3.4%	89,100
Households Where Adult Member Only Smokes Outside/Away from Home	4.2% ± 1.9%	4,500
Households Where Adult Member Smokes Inside the Home	11.9% ± 2.9%	12,600
Total Utah Households	100.0%	106,200

¹ Rounded to the nearest 100 households.

Table 17. Cigarette Smoking: Percentage of Adults Who Were Never, Former, and Current Smokers.

By Age and Sex. Utah, 1986.

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Cigarette Smoking History (Age 18 or Over, 1986)		
Never Smoked	72.2% ± 1.4%	760,100
Former Smoker	12.5% ± 1.0%	132,000
Current Smoker	15.3% ± 1.2%	161,100
Total Age 18 or Over	100.0%	1,053,200
Cigarette Smoking History by Age (Age 18 or Over, 1986)		
Age 18-34		
Never Smoked	75.5% ± 2.0%	363,100
Former Smoker	8.8% ± 1.4%	42,300
Current Smoker	15.7% ± 1.7%	75,600
Total Age 18-34	100.0%	481,000
Age 35-49		
Never Smoked	68.8% ± 2.8%	184,100
Former Smoker	14.6% ± 2.1%	39,100
Current Smoker	16.6% ± 2.3%	44,300
Total Age 35-49	100.0%	267,500
Age 50-64		
Never Smoked	65.8% ± 3.8%	110,300
Former Smoker	15.3% ± 2.8%	25,600
Current Smoker	18.9% ± 3.2%	31,700
Total Age 50-64	100.0%	167,600
Age 65 or Over		
Never Smoked	73.5% ± 3.7%	100,800
Former Smoker	20.2% ± 3.3%	27,700
Current Smoker	6.3% ± 1.8%	8,600
Total Age 65 or Over	100.0%	137,200

* Footnotes are located on last page of table.

**Table 17. Cigarette Smoking History,
1986 (continued)**

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Cigarette Smoking History by Sex (Age 18 or Over, 1986)		
Males		
Never Smoked	64.6% \pm 2.2%	331,700
Former Smoker	16.6% \pm 1.6%	85,300
Current Smoker	18.8% \pm 1.8%	96,200
Total Males	100.0%	513,300
Females		
Never Smoked	79.3% \pm 1.8%	428,300
Former Smoker	8.7% \pm 1.2%	46,700
Current Smoker	12.0% \pm 1.5%	65,000
Total Females	100.0%	540,000

¹ Rounded to the nearest 100 persons.

Table 18. Cigarette Smoking: Percentage of Adults Who Were Never, Former, and Current Smokers.

By Age and Sex. Utah, 1991.

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Cigarette Smoking History (Age 18 or Over, 1991)		
Never Smoked	73.1% \pm 1.3%	828,700
Former Smoker	13.2% \pm 1.0%	149,600
Current Smoker	13.7% \pm 1.1%	155,000
Total Age 18 or Over	100.0%	1,133,400
Cigarette Smoking History by Age (Age 18 or Over, 1991)		
Age 18-34		
Never Smoked	78.3% \pm 2.0%	382,400
Former Smoker	7.7% \pm 1.2%	37,400
Current Smoker	14.0% \pm 1.7%	68,400
Total Age 18-34	100.0%	488,200
Age 35-49		
Never Smoked	68.9% \pm 2.7%	218,900
Former Smoker	14.3% \pm 2.0%	45,400
Current Smoker	16.8% \pm 2.3%	53,400
Total Age 35-49	100.0%	317,600
Age 50-64		
Never Smoked	64.8% \pm 3.3%	112,000
Former Smoker	20.5% \pm 2.9%	35,400
Current Smoker	14.7% \pm 2.5%	25,400
Total Age 50-64	100.0%	172,800
Age 65 or Over		
Never Smoked	74.1% \pm 3.2%	114,700
Former Smoker	20.5% \pm 3.0%	31,700
Current Smoker	5.4% \pm 1.6%	8,400
Total Age 65 or Over	100.0%	154,800

* Footnotes are located on last page of table.

**Table 18. Cigarette Smoking History,
1991 (continued)**

	Survey Estimates of Utahns Age 18 or Over	
	Percentage	Number of Persons ¹
Cigarette Smoking History by Sex (Age 18 or Over, 1991)		
Males		
Never Smoked	67.7% ± 2.0%	374,100
Former Smoker	17.0% ± 1.5%	93,800
Current Smoker	15.4% ± 1.6%	85,000
Total Males	100.0%	552,900
Females		
Never Smoked	78.2% ± 1.7%	453,800
Former Smoker	9.7% ± 1.2%	56,400
Current Smoker	12.1% ± 1.4%	70,300
Total Females	100.0%	580,500

¹ Rounded to the nearest 100 persons.

**Table 19a. Selected Lifestyle Behaviors,
Bear River Health District.
Cigarette Smoking, Alcohol Consumption, Binge Drinking,
Drinking and Driving, 5 a Day, and Physical Activity. Utah, 1996.**

Bear River Health District	Survey Estimates of Persons in Health District	
	Percentage	Number of Persons ¹
Smoking Status (Age 18 or Over)		
Never Smoked	80.2% \pm 2.5%	64,200
Former Smoker	12.0% \pm 2.0%	9,600
Less Than 1/2 Pack/Day	3.5% \pm 1.2%	2,800
1/2 to 1 Pack/Day	3.6% \pm 1.1%	2,800
> 1 Pack/Day	0.7% \pm 0.5%	600
Total	100.0%	80,000
Alcohol Consumption Status (Age 18 or Over)		
Nondrinker	82.6% \pm 2.3%	66,100
Light to Moderate Drinker	15.9% \pm 2.2%	12,700
Heavy Drinker ²	1.4% \pm 0.7%	1,100
Total	100.0%	80,000
Binge Drinking³ (Age 18 or Over)		
Did Binge Drink	6.4% \pm 1.5%	5,100
Did Not Binge Drink	93.6% \pm 1.5%	74,900
Total	100.0%	80,000
Drinking and Driving⁴ (Age 18 or Over)		
Did Drink and Drive	0.8% \pm 0.5%	600
Did Not Drink and Drive	99.2% \pm 0.5%	79,400
Total	100.0%	80,000
Five Servings of Fruits/Vegetables per Day (Age 18 or Over)		
5 or More Servings	12.3% \pm 3.0%	9,800
4 or Fewer Servings	87.7% \pm 3.0%	70,200
Total	100.0%	80,000
Exercise⁵ (Age 6 or Over)		
Regular Vigorous Exercise	41.4% \pm 2.5%	45,100
No Regular Vigorous Exercise	58.6% \pm 2.5%	64,000
Total	100.0%	109,100

¹ Rounded to the nearest 100 persons.

² Heavy drinkers are persons who on average, consume more than 60 alcoholic drinks per month.

³ Consumed five or more drinks on at least one occasion in past month.

⁴ In last month, drove within one hour after having had four or more drinks.

⁵ Regular vigorous exercise was defined here as exercise that increases heart and breathing rates "a lot faster than usual" for 20 minutes at least three times a week.

**Table 19b. Selected Lifestyle Behaviors,
Central Health District.
Cigarette Smoking, Alcohol Consumption, Binge Drinking,
Drinking and Driving, 5 a Day, and Physical Activity. Utah, 1996.**

Central Health District	Survey Estimates of Persons in Health District	
	Percentage	Number of Persons ¹
Smoking Status (Age 18 or Over)		
Never Smoked	74.4% \pm 2.7%	29,100
Former Smoker	12.6% \pm 2.0%	4,900
Less Than 1/2 Pack/Day	4.7% \pm 1.3%	1,800
1/2 to 1 Pack/Day	5.9% \pm 1.5%	2,300
> 1 Pack/Day	2.4% \pm 0.9%	1,000
Total	100.0%	39,100
Alcohol Consumption Status (Age 18 or Over)		
Nondrinker	84.2% \pm 2.2%	32,900
Light to Moderate Drinker	13.7% \pm 2.1%	5,300
Heavy Drinker ²	2.2% \pm 0.9%	800
Total	100.0%	39,100
Binge Drinking³ (Age 18 or Over)		
Did Binge Drink	6.3% \pm 1.5%	2,500
Did Not Binge Drink	93.7% \pm 1.5%	36,600
Total	100.0%	39,100
Drinking and Driving⁴ (Age 18 or Over)		
Did Drink and Drive	1.3% \pm 0.7%	500
Did Not Drink and Drive	98.7% \pm 0.7%	38,600
Total	100.0%	39,100
Five Servings of Fruits/Vegetables per Day (Age 18 or Over)		
5 or More Servings	10.3% \pm 2.9%	4,000
4 or Fewer Servings	89.7% \pm 2.9%	35,100
Total	100.0%	39,100
Exercise⁵ (Age 6 or Over)		
Regular Vigorous Exercise	39.9% \pm 2.5%	21,500
No Regular Vigorous Exercise	60.1% \pm 2.5%	32,300
Total	100.0%	53,800

¹ Rounded to the nearest 100 persons.

² Heavy drinkers are persons who on average, consume more than 60 alcoholic drinks per month.

³ Consumed five or more drinks on at least one occasion in past month.

⁴ In last month, drove within one hour after having had four or more drinks.

⁵ Regular vigorous exercise was defined here as exercise that increases heart and breathing rates "a lot faster than usual" for 20 minutes at least three times a week.

**Table 19c. Selected Lifestyle Behaviors,
Davis County Health District.
Cigarette Smoking, Alcohol Consumption, Binge Drinking,
Drinking and Driving, 5 a Day, and Physical Activity. Utah, 1996.**

Davis County Health District	Survey Estimates of Persons in Health District	
	Percentage	Number of Persons ¹
Smoking Status (Age 18 or Over)		
Never Smoked	78.2% \pm 2.5%	113,500
Former Smoker	11.4% \pm 2.0%	16,600
Less Than 1/2 Pack/Day	4.8% \pm 1.3%	7,000
1/2 to 1 Pack/Day	4.9% \pm 1.3%	7,100
> 1 Pack/Day	0.7% \pm 0.5%	1,000
Total	100.0%	145,100
Alcohol Consumption Status (Age 18 or Over)		
Nondrinker	77.1% \pm 2.6%	111,800
Light to Moderate Drinker	21.3% \pm 2.5%	30,900
Heavy Drinker ²	1.6% \pm 0.8%	2,400
Total	100.0%	145,100
Binge Drinking³ (Age 18 or Over)		
Did Binge Drink	8.1% \pm 1.7%	11,800
Did Not Binge Drink	91.9% \pm 1.7%	133,300
Total	100.0%	145,100
Drinking and Driving⁴ (Age 18 or Over)		
Did Drink and Drive	0.8% \pm 0.5%	1,100
Did Not Drink and Drive	99.3% \pm 0.5%	144,000
Total	100.0%	145,100
Five Servings of Fruits/Vegetables per Day (Age 18 or Over)		
5 or More Servings	12.2% \pm 3.2%	17,600
4 or Fewer Servings	87.8% \pm 3.2%	127,500
Total	100.0%	145,100
Exercise⁵ (Age 6 or Over)		
Regular Vigorous Exercise	46.1% \pm 2.6%	92,100
No Regular Vigorous Exercise	53.9% \pm 2.6%	107,700
Total	100.0%	199,800

¹ Rounded to the nearest 100 persons.

² Heavy drinkers are persons who on average, consume more than 60 alcoholic drinks per month.

³ Consumed five or more drinks on at least one occasion in past month.

⁴ In last month, drove within one hour after having had four or more drinks.

⁵ Regular vigorous exercise was defined here as exercise that increases heart and breathing rates "a lot faster than usual" for 20 minutes at least three times a week.

**Table 19d. Selected Lifestyle Behaviors,
Salt Lake County Health District.
Cigarette Smoking, Alcohol Consumption, Binge Drinking,
Drinking and Driving, 5 a Day, and Physical Activity. Utah, 1996.**

Salt Lake County Health District	Survey Estimates of Persons in Health District	
	Percentage	Number of Persons ¹
Smoking Status (Age 18 or Over)		
Never Smoked	71.4% \pm 2.2%	403,600
Former Smoker	14.7% \pm 1.8%	83,000
Less Than 1/2 Pack/Day	5.4% \pm 1.1%	30,300
1/2 to 1 Pack/Day	5.3% \pm 1.1%	30,000
> 1 Pack/Day	3.3% \pm 0.9%	18,500
Total	100.0%	565,400
Alcohol Consumption Status (Age 18 or Over)		
Nondrinker	67.1% \pm 2.3%	379,600
Light to Moderate Drinker	30.5% \pm 2.3%	172,200
Heavy Drinker ²	2.4% \pm 0.8%	13,600
Total	100.0%	565,400
Binge Drinking³ (Age 18 or Over)		
Did Binge Drink	9.5% \pm 1.5%	53,800
Did Not Binge Drink	90.5% \pm 1.5%	511,600
Total	100.0%	565,400
Drinking and Driving⁴ (Age 18 or Over)		
Did Drink and Drive	1.4% \pm 0.6%	7,800
Did Not Drink and Drive	98.6% \pm 0.6%	557,600
Total	100.0%	565,400
Five Servings of Fruits/Vegetables per Day (Age 18 or Over)		
5 or More Servings	13.1% \pm 2.6%	74,200
4 or Fewer Servings	86.9% \pm 2.6%	491,200
Total	100.0%	565,400
Exercise⁵ (Age 6 or Over)		
Regular Vigorous Exercise	45.0% \pm 2.1%	335,900
No Regular Vigorous Exercise	55.0% \pm 2.1%	411,000
Total	100.0%	746,900

¹ Rounded to the nearest 100 persons.

² Heavy drinkers are persons who on average, consume more than 60 alcoholic drinks per month.

³ Consumed five or more drinks on at least one occasion in past month.

⁴ In last month, drove within one hour after having had four or more drinks.

⁵ Regular vigorous exercise was defined here as exercise that increases heart and breathing rates "a lot faster than usual" for 20 minutes at least three times a week.

**Table 19e. Selected Lifestyle Behaviors,
Southeastern Health District.
Cigarette Smoking, Alcohol Consumption, Binge Drinking,
Drinking and Driving, 5 a Day, and Physical Activity. Utah, 1996.**

Southeastern Health District	Survey Estimates of Persons in Health District	
	Percentage	Number of Persons ¹
Smoking Status (Age 18 or Over)		
Never Smoked	63.7% \pm 3.0%	23,100
Former Smoker	17.9% \pm 2.3%	6,500
Less Than 1/2 Pack/Day	6.6% \pm 1.6%	2,400
1/2 to 1 Pack/Day	8.0% \pm 1.7%	2,900
> 1 Pack/Day	3.8% \pm 1.2%	1,400
Total	100.0%	36,200
Alcohol Consumption Status (Age 18 or Over)		
Nondrinker	72.6% \pm 2.7%	26,300
Light to Moderate Drinker	24.9% \pm 2.6%	9,000
Heavy Drinker ²	2.5% \pm 0.9%	900
Total	100.0%	36,200
Binge Drinking³ (Age 18 or Over)		
Did Binge Drink	10.6% \pm 1.9%	3,800
Did Not Binge Drink	89.4% \pm 1.9%	32,400
Total	100.0%	36,200
Drinking and Driving⁴ (Age 18 or Over)		
Did Drink and Drive	1.9% \pm 0.8%	700
Did Not Drink and Drive	98.1% \pm 0.8%	35,500
Total	100.0%	36,200
Five Servings of Fruits/Vegetables per Day (Age 18 or Over)		
5 or More Servings	11.6% \pm 3.0%	4,200
4 or Fewer Servings	88.4% \pm 3.0%	32,000
Total	100.0%	36,200
Exercise⁵ (Age 6 or Over)		
Regular Vigorous Exercise	42.3% \pm 2.5%	20,700
No Regular Vigorous Exercise	57.7% \pm 2.5%	28,300
Total	100.0%	49,000

¹ Rounded to the nearest 100 persons.

² Heavy drinkers are persons who on average, consume more than 60 alcoholic drinks per month.

³ Consumed five or more drinks on at least one occasion in past month.

⁴ In last month, drove within one hour after having had four or more drinks.

⁵ Regular vigorous exercise was defined here as exercise that increases heart and breathing rates "a lot faster than usual" for 20 minutes at least three times a week.

**Table 19f. Selected Lifestyle Behaviors,
Southwest Health District.
Cigarette Smoking, Alcohol Consumption, Binge Drinking,
Drinking and Driving, 5 a Day, and Physical Activity. Utah, 1996.**

Southwest Health District	Survey Estimates of Persons in Health District	
	Percentage	Number of Persons ¹
Smoking Status (Age 18 or Over)		
Never Smoked	71.1% \pm 2.8%	54,200
Former Smoker	16.9% \pm 2.3%	12,800
Less Than 1/2 Pack/Day	4.8% \pm 1.4%	3,700
1/2 to 1 Pack/Day	5.3% \pm 1.4%	4,000
> 1 Pack/Day	1.9% \pm 0.9%	1,500
Total	100.0%	76,200
Alcohol Consumption Status (Age 18 or Over)		
Nondrinker	79.2% \pm 2.5%	60,400
Light to Moderate Drinker	19.4% \pm 2.5%	14,800
Heavy Drinker ²	1.4% \pm 0.7%	1,100
Total	100.0%	76,200
Binge Drinking³ (Age 18 or Over)		
Did Binge Drink	6.8% \pm 1.6%	5,200
Did Not Binge Drink	93.2% \pm 1.6%	71,000
Total	100.0%	76,200
Drinking and Driving⁴ (Age 18 or Over)		
Did Drink and Drive	0.7% \pm 0.5%	600
Did Not Drink and Drive	99.3% \pm 0.5%	75,600
Total	100.0%	76,200
Five Servings of Fruits/Vegetables per Day (Age 18 or Over)		
5 or More Servings	15.8% \pm 3.4%	12,000
4 or Fewer Servings	84.2% \pm 3.4%	64,200
Total	100.0%	76,200
Exercise⁵ (Age 6 or Over)		
Regular Vigorous Exercise	46.7% \pm 2.7%	47,200
No Regular Vigorous Exercise	53.3% \pm 2.7%	53,900
Total	100.0%	101,100

¹ Rounded to the nearest 100 persons.

² Heavy drinkers are persons who on average, consume more than 60 alcoholic drinks per month.

³ Consumed five or more drinks on at least one occasion in past month.

⁴ In last month, drove within one hour after having had four or more drinks.

⁵ Regular vigorous exercise was defined here as exercise that increases heart and breathing rates "a lot faster than usual" for 20 minutes at least three times a week.

**Table 19g. Selected Lifestyle Behaviors,
Summit County Health District.
Cigarette Smoking, Alcohol Consumption, Binge Drinking,
Drinking and Driving, 5 a Day, and Physical Activity. Utah, 1996.**

Summit County Health District	Survey Estimates of Persons in Health District	
	Percentage	Number of Persons ¹
Smoking Status (Age 18 or Over)		
Never Smoked	72.4% \pm 2.7%	11,300
Former Smoker	19.7% \pm 2.4%	3,100
Less Than 1/2 Pack/Day	3.3% \pm 1.1%	500
1/2 to 1 Pack/Day	2.6% \pm 1.0%	400
> 1 Pack/Day	1.9% \pm 0.8%	300
Total	100.0%	15,600
Alcohol Consumption Status (Age 18 or Over)		
Nondrinker	51.1% \pm 2.9%	8,000
Light to Moderate Drinker	46.1% \pm 2.9%	7,200
Heavy Drinker ²	2.8% \pm 0.9%	400
Total	100.0%	15,600
Binge Drinking³ (Age 18 or Over)		
Did Binge Drink	14.8% \pm 2.1%	2,300
Did Not Binge Drink	85.2% \pm 2.1%	13,300
Total	100.0%	15,600
Drinking and Driving⁴ (Age 18 or Over)		
Did Drink and Drive	2.6% \pm 0.9%	400
Did Not Drink and Drive	97.4% \pm 0.9%	15,200
Total	100.0%	15,600
Five Servings of Fruits/Vegetables per Day (Age 18 or Over)		
5 or More Servings	16.9% \pm 3.5%	2,600
4 or Fewer Servings	83.1% \pm 3.5%	13,000
Total	100.0%	15,600
Exercise⁵ (Age 6 or Over)		
Regular Vigorous Exercise	54.3% \pm 2.5%	11,100
No Regular Vigorous Exercise	45.8% \pm 2.5%	9,400
Total	100.0%	20,500

¹ Rounded to the nearest 100 persons.

² Heavy drinkers are persons who on average, consume more than 60 alcoholic drinks per month.

³ Consumed five or more drinks on at least one occasion in past month.

⁴ In last month, drove within one hour after having had four or more drinks.

⁵ Regular vigorous exercise was defined here as exercise that increases heart and breathing rates "a lot faster than usual" for 20 minutes at least three times a week.

**Table 19h. Selected Lifestyle Behaviors,
Tooele County Health District.
Cigarette Smoking, Alcohol Consumption, Binge Drinking,
Drinking and Driving, 5 a Day, and Physical Activity. Utah, 1996.**

Tooele County Health District	Survey Estimates of Persons in Health District	
	Percentage	Number of Persons ¹
Smoking Status (Age 18 or Over)		
Never Smoked	60.4% \pm 3.0%	11,200
Former Smoker	17.9% \pm 2.4%	3,300
Less Than 1/2 Pack/Day	7.3% \pm 1.7%	1,400
1/2 to 1 Pack/Day	10.6% \pm 1.9%	2,000
> 1 Pack/Day	3.8% \pm 1.1%	700
Total	100.0%	18,500
Alcohol Consumption Status (Age 18 or Over)		
Nondrinker	70.9% \pm 2.7%	13,100
Light to Moderate Drinker	26.2% \pm 2.7%	4,900
Heavy Drinker ²	2.9% \pm 1.0%	500
Total	100.0%	18,500
Binge Drinking³ (Age 18 or Over)		
Did Binge Drink	12.2% \pm 2.0%	2,300
Did Not Binge Drink	87.8% \pm 2.0%	16,200
Total	100.0%	18,500
Drinking and Driving⁴ (Age 18 or Over)		
Did Drink and Drive	1.8% \pm 0.8%	300
Did Not Drink and Drive	98.2% \pm 0.8%	18,200
Total	100.0%	18,500
Five Servings of Fruits/Vegetables per Day (Age 18 or Over)		
5 or More Servings	12.1% \pm 3.1%	2,200
4 or Fewer Servings	87.9% \pm 3.1%	16,300
Total	100.0%	18,500
Exercise⁵ (Age 6 or Over)		
Regular Vigorous Exercise	44.6% \pm 2.5%	11,000
No Regular Vigorous Exercise	55.5% \pm 2.5%	13,700
Total	100.0%	24,700

¹ Rounded to the nearest 100 persons.

² Heavy drinkers are persons who on average, consume more than 60 alcoholic drinks per month.

³ Consumed five or more drinks on at least one occasion in past month.

⁴ In last month, drove within one hour after having had four or more drinks.

⁵ Regular vigorous exercise was defined here as exercise that increases heart and breathing rates "a lot faster than usual" for 20 minutes at least three times a week.

**Table 19i. Selected Lifestyle Behaviors,
Tri-County Health District.
Cigarette Smoking, Alcohol Consumption, Binge Drinking,
Drinking and Driving, 5 a Day, and Physical Activity. Utah, 1996.**

Tri-County Health District	Survey Estimates of Persons in Health District	
	Percentage	Number of Persons ¹
Smoking Status (Age 18 or Over)		
Never Smoked	65.1% \pm 3.0%	16,100
Former Smoker	16.7% \pm 2.3%	4,100
Less Than 1/2 Pack/Day	7.1% \pm 1.6%	1,700
1/2 to 1 Pack/Day	8.5% \pm 1.8%	2,100
> 1 Pack/Day	2.7% \pm 1.0%	700
Total	100.0%	24,700
Alcohol Consumption Status (Age 18 or Over)		
Nondrinker	75.3% \pm 2.6%	18,600
Light to Moderate Drinker	22.8% \pm 2.6%	5,600
Heavy Drinker ²	1.9% \pm 0.8%	500
Total	100.0%	24,700
Binge Drinking³ (Age 18 or Over)		
Did Binge Drink	9.5% \pm 1.8%	2,400
Did Not Binge Drink	90.5% \pm 1.8%	22,300
Total	100.0%	24,700
Drinking and Driving⁴ (Age 18 or Over)		
Did Drink and Drive	0.9% \pm 0.6%	200
Did Not Drink and Drive	99.1% \pm 0.6%	24,500
Total	100.0%	24,700
Five Servings of Fruits/Vegetables per Day (Age 18 or Over)		
5 or More Servings	9.7% \pm 2.7%	2,400
4 or Fewer Servings	90.3% \pm 2.7%	22,300
Total	100.0%	24,700
Exercise⁵ (Age 6 or Over)		
Regular Vigorous Exercise	42.9% \pm 2.5%	15,100
No Regular Vigorous Exercise	57.1% \pm 2.5%	20,000
Total	100.0%	35,100

¹ Rounded to the nearest 100 persons.

² Heavy drinkers are persons who on average, consume more than 60 alcoholic drinks per month.

³ Consumed five or more drinks on at least one occasion in past month.

⁴ In last month, drove within one hour after having had four or more drinks.

⁵ Regular vigorous exercise was defined here as exercise that increases heart and breathing rates "a lot faster than usual" for 20 minutes at least three times a week.

**Table 19j. Selected Lifestyle Behaviors,
Utah County Health District.
Cigarette Smoking, Alcohol Consumption, Binge Drinking,
Drinking and Driving, 5 a Day, and Physical Activity. Utah, 1996.**

Utah County Health District	Survey Estimates of Persons in Health District	
	Percentage	Number of Persons ¹
Smoking Status (Age 18 or Over)		
Never Smoked	83.6% \pm 2.3%	171,900
Former Smoker	9.2% \pm 1.8%	18,900
Less Than 1/2 Pack/Day	3.1% \pm 1.0%	6,300
1/2 to 1 Pack/Day	3.2% \pm 1.1%	6,500
> 1 Pack/Day	0.9% \pm 0.6%	1,900
Total	100.0%	205,500
Alcohol Consumption Status (Age 18 or Over)		
Nondrinker	90.2% \pm 1.8%	185,300
Light to Moderate Drinker	8.6% \pm 1.7%	17,700
Heavy Drinker ²	1.2% \pm 0.7%	2,500
Total	100.0%	205,500
Binge Drinking³ (Age 18 or Over)		
Did Binge Drink	5.1% \pm 1.4%	10,500
Did Not Binge Drink	94.9% \pm 1.4%	195,000
Total	100.0%	205,500
Drinking and Driving⁴ (Age 18 or Over)		
Did Drink and Drive	*** \pm ***	***
Did Not Drink and Drive	99.6% \pm 0.4%	204,600
Total	100.0%	205,500
Five Servings of Fruits/Vegetables per Day (Age 18 or Over)		
5 or More Servings	14.5% \pm 3.4%	29,700
4 or Fewer Servings	85.6% \pm 3.4%	175,800
Total	100.0%	205,500
Exercise⁵ (Age 6 or Over)		
Regular Vigorous Exercise	45.8% \pm 2.5%	126,900
No Regular Vigorous Exercise	54.2% \pm 2.5%	149,900
Total	100.0%	276,800

¹ Rounded to the nearest 100 persons.

² Heavy drinkers are persons who on average, consume more than 60 alcoholic drinks per month.

³ Consumed five or more drinks on at least one occasion in past month.

⁴ In last month, drove within one hour after having had four or more drinks.

⁵ Regular vigorous exercise was defined here as exercise that increases heart and breathing rates "a lot faster than usual" for 20 minutes at least three times a week.

*** Insufficient sample size for calculation of population estimates.

**Table 19k. Selected Lifestyle Behaviors,
Wasatch Health District.**
Cigarette Smoking, Alcohol Consumption, Binge Drinking,
Drinking and Driving, 5 a Day, and Physical Activity. Utah, 1996.

	Survey Estimates of Persons in Health District	
	Percentage	Number of Persons ¹
Smoking Status (Age 18 or Over)		
Never Smoked	73.9% \pm 2.4%	6,000
Former Smoker	14.6% \pm 1.9%	1,200
Less Than 1/2 Pack/Day	5.6% \pm 1.3%	500
1/2 to 1 Pack/Day	4.3% \pm 1.1%	300
> 1 Pack/Day	1.6% \pm 0.7%	100
Total	100.0%	8,100
Alcohol Consumption Status (Age 18 or Over)		
Nondrinker	78.4% \pm 2.0%	6,400
Light to Moderate Drinker	19.3% \pm 1.9%	1,600
Heavy Drinker ²	2.3% \pm 0.7%	200
Total	100.0%	8,100
Binge Drinking³ (Age 18 or Over)		
Did Binge Drink	8.9% \pm 1.4%	700
Did Not Binge Drink	91.2% \pm 1.4%	7,400
Total	100.0%	8,100
Drinking and Driving⁴ (Age 18 or Over)		
Did Drink and Drive	1.4% \pm 0.6%	100
Did Not Drink and Drive	98.6% \pm 0.6%	8,000
Total	100.0%	8,100
Five Servings of Fruits/Vegetables per Day (Age 18 or Over)		
5 or More Servings	11.3% \pm 2.7%	900
4 or Fewer Servings	88.7% \pm 2.7%	7,200
Total	100.0%	8,100
Exercise⁵ (Age 6 or Over)		
Regular Vigorous Exercise	46.2% \pm 2.0%	5,091
No Regular Vigorous Exercise	53.8% \pm 2.0%	5,922
Total	100.0%	11,013

Rounded to the nearest 100 persons.

Heavy drinkers are persons who on average, consume more than 60 alcoholic drinks per month.

Consumed five or more drinks on at least one occasion in past month.

In last month, drove within one hour after having had four or more drinks.

Regular vigorous exercise was defined here as exercise that increases heart and breathing rates "a lot faster than usual" for 20 minutes at least three times a week.

**Table 19l. Selected Lifestyle Behaviors,
Weber/Morgan Health District.
Cigarette Smoking, Alcohol Consumption, Binge Drinking,
Drinking and Driving, 5 a Day, and Physical Activity. Utah, 1996.**

Weber/Morgan Health District	Survey Estimates of Persons in Health District	
	Percentage	Number of Persons ¹
Smoking Status (Age 18 or Over)		
Never Smoked	70.1% \pm 3.0%	90,400
Former Smoker	14.3% \pm 2.3%	18,500
Less Than 1/2 Pack/Day	7.7% \pm 1.7%	9,900
1/2 to 1 Pack/Day	6.2% \pm 1.6%	8,000
> 1 Pack/Day	1.7% \pm 0.8%	2,200
Total	100.0%	128,900
Alcohol Consumption Status (Age 18 or Over)		
Nondrinker	73.2% \pm 2.9%	94,300
Light to Moderate Drinker	24.0% \pm 2.8%	30,900
Heavy Drinker ²	2.9% \pm 1.1%	3,700
Total	100.0%	128,900
Binge Drinking³ (Age 18 or Over)		
Did Binge Drink	10.6% \pm 2.0%	13,700
Did Not Binge Drink	89.4% \pm 2.0%	115,200
Total	100.0%	128,900
Drinking and Driving⁴ (Age 18 or Over)		
Did Drink and Drive	1.2% \pm 0.7%	1,600
Did Not Drink and Drive	98.8% \pm 0.7%	127,300
Total	100.0%	128,900
Five Servings of Fruits/Vegetables per Day (Age 18 or Over)		
5 or More Servings	10.8% \pm 2.9%	13,900
4 or Fewer Servings	89.2% \pm 2.9%	115,000
Total	100.0%	128,900
Exercise⁵ (Age 6 or Over)		
Regular Vigorous Exercise	44.5% \pm 2.8%	75,600
No Regular Vigorous Exercise	55.5% \pm 2.8%	94,300
Total	100.0%	169,900

¹ Rounded to the nearest 100 persons.

² Heavy drinkers are persons who on average, consume more than 60 alcoholic drinks per month.

³ Consumed five or more drinks on at least one occasion in past month.

⁴ In last month, drove within one hour after having had four or more drinks.

⁵ Regular vigorous exercise was defined here as exercise that increases heart and breathing rates "a lot faster than usual" for 20 minutes at least three times a week.

